

International Congress of Cognitive Psychotherapy

9th



CLUJ-NAPOCA
TRANSYLVANIA
ROMANIA



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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



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.

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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 Babeș-Bolyai University

The School of Clinical Psychology and Psychotherapy from Babes-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 Babes-Bolyai University, as indicated in the plan provided in the next section: Babes-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.

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

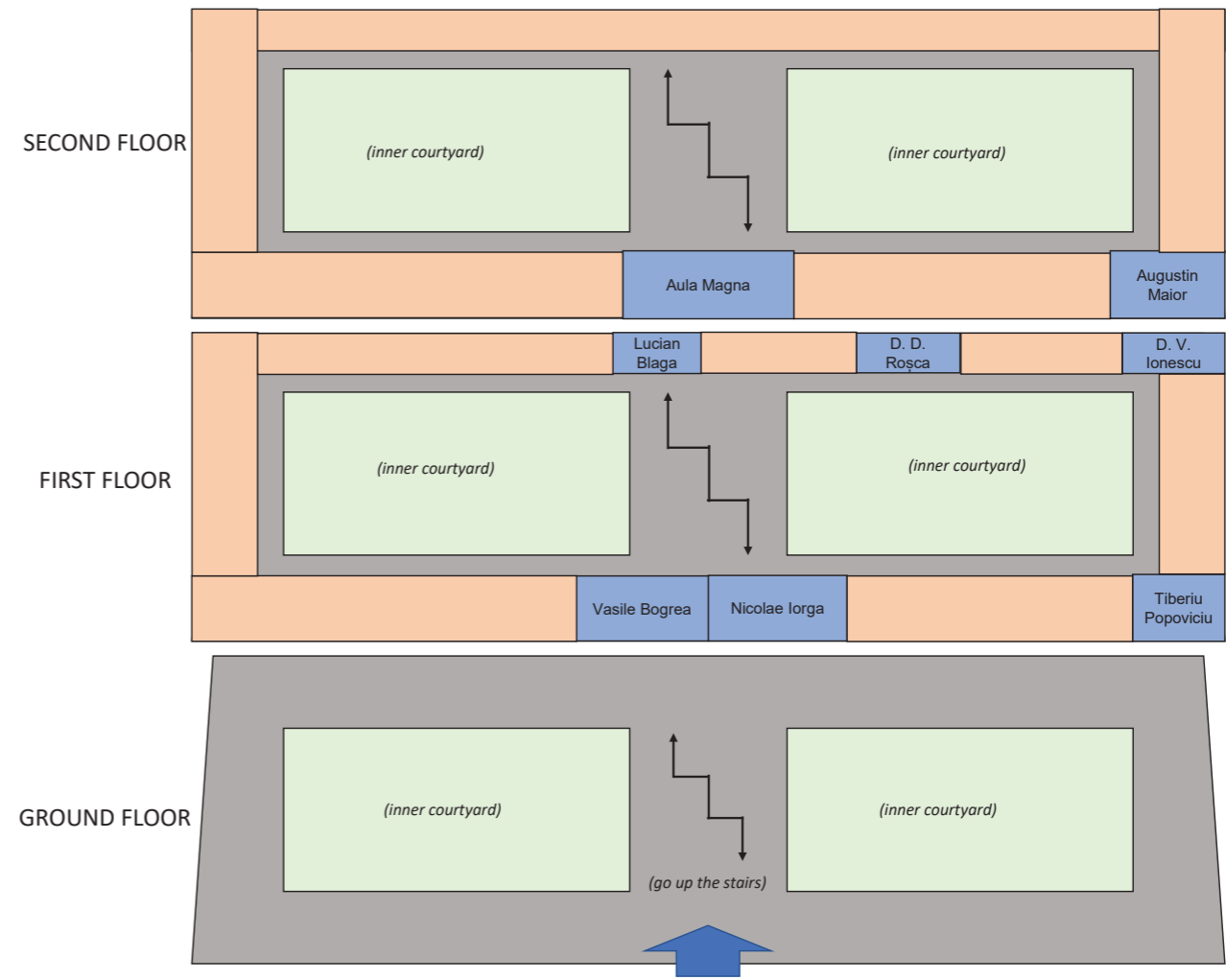
Saturday, July 1st Closing ceremony

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.

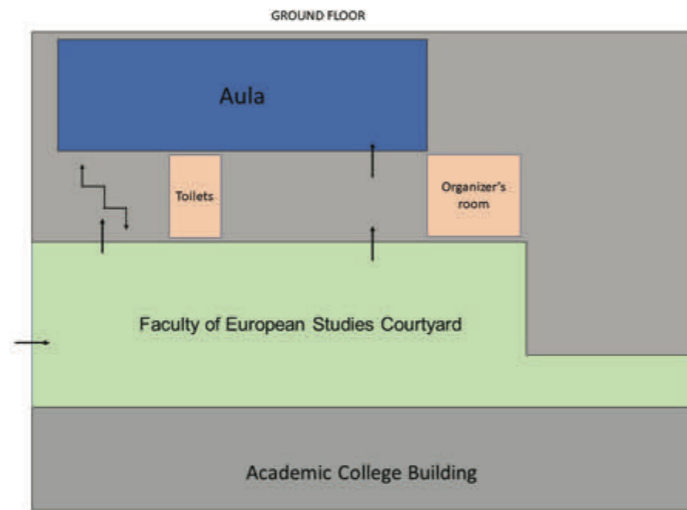
Get Around (Area Map & BBU Main Building Floor Plan)



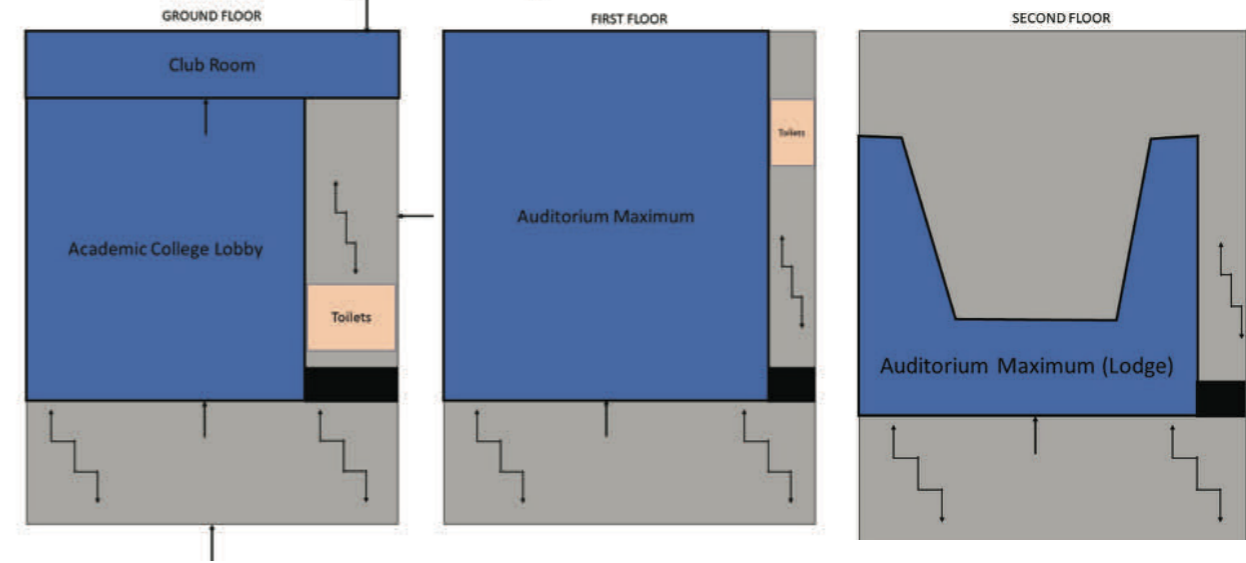
BBU Main Building



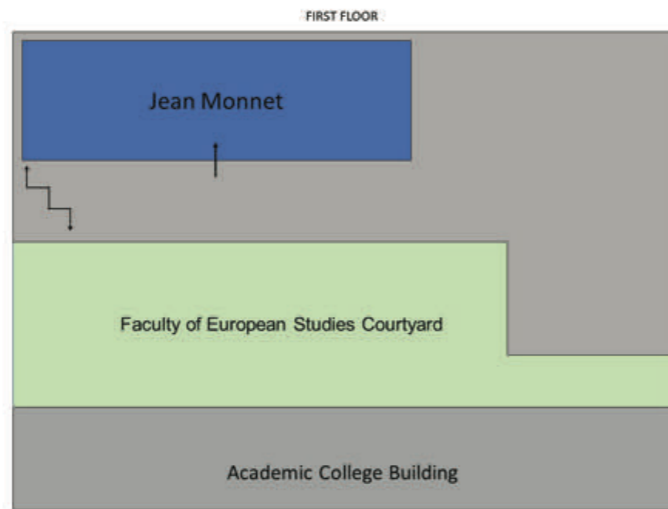
Faculty of European Studies



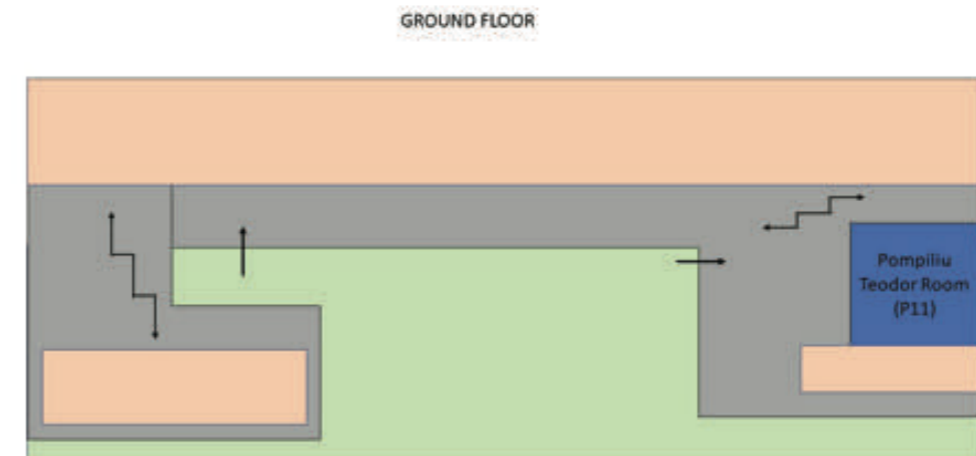
Academic College Building



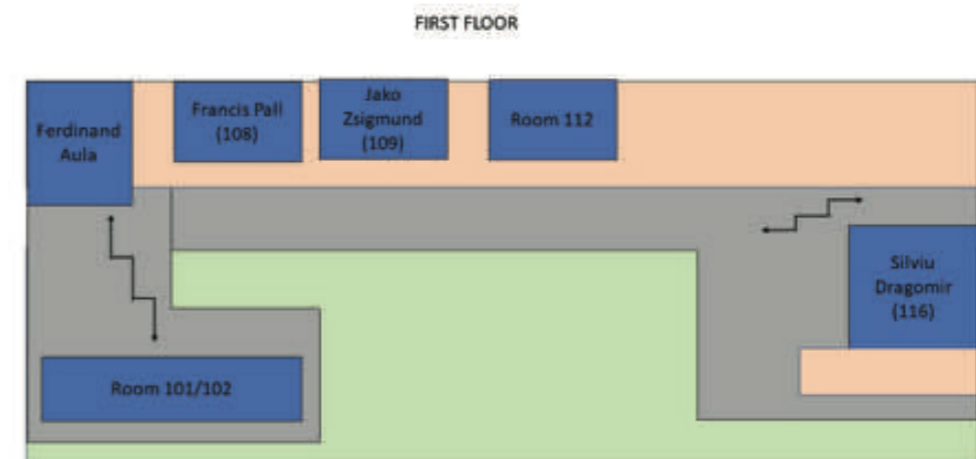
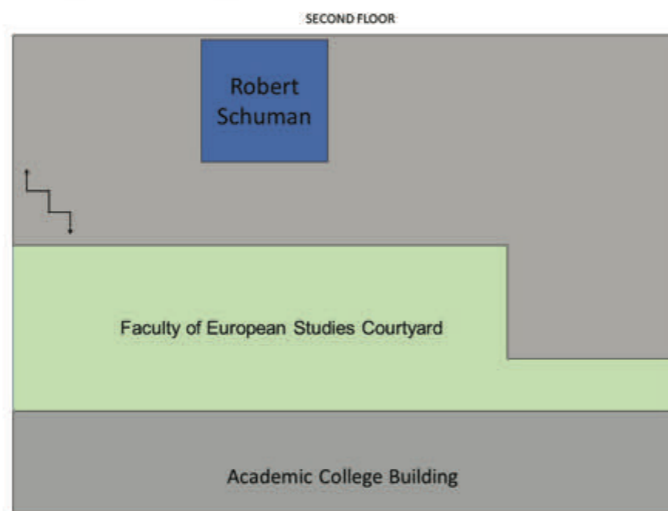
Faculty of European Studies



History Institute



Faculty of European Studies



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 Uber company 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, Ilona Farkas, 004-0745-045453, e-mail farkasilona@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 Mănăstur 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>	Tiberiu Popoviciu Room BBU Main Building
9:30 – 17:30	<p>Workshop 4</p> <p>REBT/CBT in eating disorder</p> <p><i>Kristene Doyle, Ph.D.</i></p> <p>Albert Ellis Institute, United States</p>	Francis Pali 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.</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 – 16:00	<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 Baga Room BBU Main Building
9:30 – 17:30	<p>Workshop 12</p> <p>Helping couples suffering from relationship problems: A cognitive-behavioral systems approach</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)

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.

Fri June 30th, 9:00-10:00
Auditorium Maximum
(Academic College 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, 17:00-18:00
Aula Magna
(BBU Main 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, 9:00-10:00
Auditorium Maximum
(Academic College Building)

Integrative and multimodal CBT

Daniel David, Ph.D.

Babes-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 Babes-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 rotherapy - cognitive science, cognitive-behavioral interventions, and clinical trials research.

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

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 Maximum
(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 Tuebingen Academy of Behaviour Therapy and of the Tuebingen 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 Maximum - 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 Maximum
(Academic College Building)



Mehmet Sungur, Ph.D.
Marmara University, Turkey

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

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)

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



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.
Kent State University, U.S.A.



REBT/CBT in eating disorder
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.



Sat July 1st, 9:00-10:00
Auditorium Maximum
(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, 9:00-10:00
Aula Magna
(BBU Main 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.



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

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, 10:15-11:15
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.



Sat July 1st, 9:00-10:00
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 health care 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.



Thursday, June 29th
(for details on each event, explore the following pages)

Name	Auditorium Maximum	Aula Magna	Aula	D.V. Ionescu Room	Restaurant	Lobby	Jean Monnet Room	Augustin Maier Room	Nicolae Iorga Room	Vasile Bogrea Room	Tiberiu Popoviciu Room	AVALON Building	
Location	Academic College Building	BBU Main Building	Faculty of European Studies	BBU Main Building	Academic College Building	Academic College Lobby	Faculty of European Studies	BBU Main Building	BBU Main Building	BBU Main Building	BBU Main Building	No. 37 Republicii Street	
9:00	Keynote 1	Keynote 2	In-Congress Workshop 1 Gerhard Andersson	In-Congress Workshop 2 Tullio Scrimali									
9:15													
9:30	Pim Cuijpers	Lata McGinn											
9:45													
10:00	Keynote 3	Keynote 4											
10:15													
10:30	John Riskind	Daniel David											
10:45													
11:00					Coffee break								
11:15													
11:30													
11:45													
12:00													
12:15													
12:30						Poster session 1	Symposium 1	Symposium 2	Symposium 3	Symposium 4	Open paper session 1		
12:45													
13:00													
13:15													
13:30													
13:45													
14:00					Lunch								
14:15													
14:30	Round table 1												
14:45													
15:00													
15:15													
15:30			Symposium 5				In-Congress Workshop 4 Judith Beck	Symposium 6	Open paper session 2	Open paper session 3	In-Congress Workshop 3 Lynn McFarr		
15:45													
16:00													
16:15													
16:30				In-Congress Workshop 5 John Riskind									
16:45					Coffee break								
17:00	Keynote 6	Keynote 5											
17:15													
17:30	David M. Clark	Robert Leahy											
17:45													
18:00													
18:15													
18:30													
18:45													
19:00												Albert Ellis Institute Special Event	
19:15													

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}

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

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

³University 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}

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

²McGovern Institute for Brain Research and Poitras Center for Affective Disorders

Research, Massachusetts Institute of Technology, Cambridge, United States

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

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

Prognosis and prescription of response to CBT

CLUJ-NAPOCA TRANSYLVANIA ROMANIA

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 Lomholt, 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

Babes-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

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

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}, RăzvanPredatu^{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, AlinCordoș⁶

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

⁵Iuliu-Hatieganu 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

Symposium 5:

Toward the clinical application of autonomic nervous system evaluation

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

Chair: Claudio Gentili

University of Padua, Italy

Longitudinal monitoring of Bipolar Disorders. The PSYCHE project experienceClaudio Gentili¹, Gilles Bertshy², Markus Kosel³, Gaetano Valenza⁴, Enzo Pasquale Scilingo⁴¹University of Padua, Italy²University of Strasbourg, France³University of Geneva, Switzerland⁴University 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. Critchley³¹Sapienza University of Rome, Italy²Santa Lucia Foundation Rome, Italy³University of Sussex, United Kingdom⁴Kings 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 Ballardini³¹Department of Life Sciences, University of Trieste, Italy²Department of General Psychology, University of Padova, Italy³Centro 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 MesserottiBenvenuti

Department of General Psychology, University of Padua, Italy

Symposium 6:

Sexual abuse and trauma paraphilias and related pathologies: Treatment with evolutionary oriented CBT

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

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 monsterMike Abrams¹, David M. Buss²¹Department of Psychology, New York University, United States²University 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 States²Department of Clinical Psychology and Psychotherapy, Babeș-Bolyai University, Romania³The 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 treatmentMarija Milisavljevic¹, Mike Abrams²¹University of Belgrade, Serbia²Department 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 – 15:30 Nicolae Iorga Room - BBU Main Building

Chair: Mostafa Zarean

University of Tabriz, Iran

Culturally adapting Cognitive Behavioral Therapy for depression in Chinese AustraliansAlice Viviana Farcas¹, Lauren Breen¹, Peter McEvoy¹, Rosanna Rooney¹, Siewho Yeak², Robert Kane¹¹Curtin University, Australia²Fremantle Multicultural Centre, Australia**Iranian Scale for Emotional Problems (ISEP): Development and pilot study**Mostafa Zarean¹, Zahra Moradi¹, Samaneh Mir-Mohammadi¹, Fons van de Vijver²¹Department of Psychology, University of Tabriz, Iran²Department of Culture Studies, Tilburg University, The Netherlands**Irrational beliefs and country-level functioning: A cross-sectional**

analysis on 60 countriesMonica Bartucz^{1,2}, Daniel David^{2,3,4}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, Romania⁴Icahn 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 DisorderJung-Kwang Ahn, Jung-Hye Kwon
Korea University, Korea**Cognitive reappraisal as an emotion regulation strategy for shame**Diana Căndeia^{1,2}, Aurora Szentagotai-Tătar^{1,2}¹Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania²The 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 Rebeaga
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

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:

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

Keynote 6:

Emotional schemas and psychopathology

Robert Leahy

The American Institute for Cognitive Therapy, United States

17:00 – 18:00 Auditorium Maximum - Academic College 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	Jean Monnet Room	Augustin Maier Room	Nicolae Iorga Room	Vasile Bogrea Room	AVALON Building	Ferdinand Aula	Robert Schuman Room		
Location	Academic College Building	BBU Main Building	Faculty of European Studies	BBU Main Building	Academic College Building	Academic College Lobby	Faculty of European Studies	BBU Main Building	BBU Main Building	BBU Main Building	No. 37 Republicii Street	History Institute	Faculty of European Studies		
9:00	Keynote 7	Keynote 8	In-Congress Workshop 6 Raymond DiGiuseppe	In-Congress Workshop 8 Thomas Dowd									In-Congress Workshop 7 Keith Dobson		
9:15	Judith Beck	Martin Hautzinger													
9:30															
9:45															
10:00	Keynote 9	Keynote 10													
10:15	Steven Hayes	Gerhard Andersson													
10:30															
10:45															
11:00							Coffee break								
11:15															
11:30															
11:45															
12:00						Poster session 2	Symposium 7	Symposium 8	Open paper session 4	Open paper session 5					
12:15															
12:30															
12:45															
13:00															
13:15															
13:30					Lunch										
13:45															
14:00															
14:15															
14:30	Round table 2		Open paper session 8				Symposium 9	Symposium 10	Open paper session 6	Open paper session 7	In-Congress Workshop				
14:45															
15:00															
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15:30															
15:45															
16:00															
16:15															
16:30															
16:45					Coffee break										
17:00	Keynote 11	Keynote 12													
17:15	Ed Watkins	Daniel Freeman													
17:30															
17:45															
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19:00															
19:15															
19:30															
19:45															

20:00-22:00 Gala Dinner

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 D. V. Ionescu Room - BBU Main Building

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 Robert Schuman Room - Faculty of European Studies

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 sleep disorders and their treatment 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 sSleep 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) modelArthur Freeman¹, Oana David^{2,3}¹Touro College School of Health Sciences, United States²Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania³The 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 Dryden²¹Hellenic Institute for Rational-Emotive and Cognitive Behavior Therapy, Greece²Goldsmiths 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}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**The evidence-based status of Cognitive-Behavioral Coaching and future directions**Oana David^{1,2}¹The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania²Department 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" appOana David^{1,2}, Daniel David^{1,2,3}¹Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania²The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania³Icahn 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**Madalina Sucala^{1,2}, Radu Soflau^{3,4}, Roxana Cardos^{3,4}, Simona Ştefan^{1,4}¹Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania²Icahn School of Medicine at Mount Sinai, United States³Doctoral School "Evidence-based assessment and psychological interventions", Babeş-Bolyai University, Romania⁴The 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 Cardos^{1,2}, Madalina Sucala^{2,3,4}, Radu Soflau^{1,2}, Simona Ştefan^{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, Romania⁴Icahn 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 Mogoase^{1,3}, Vlad Muresan¹,
Aurora Szentagotai-Tatar^{1,3}¹Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania²Berkeley College, United States³The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania

Open paper session 5:

CBT for diverse populations

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 disordersElena Tomba¹, Lucia Tecuta¹, Romana Schumann², Donatella Ballardini²¹Department of Psychology, University of Bologna, Italy²Centro 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

Babes-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 – 15:30 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 depressionKadir Özdel¹, Suat Ekinci²¹Diskapi YB Teaching and Research Hospital, Turkey²Department of Psychology, AvrupaMeslekYuksekokulu, Turkey**Distress intolerance and emotional schemas in General Anxiety Disorder and Obsessive Compulsive Disorder**

Mehmet HakanTurkcapar

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 – 15:30 Augustin Maier Room - BBU Main Building

Chair: BogdanTulbure

West University of Timisoara, Romania

An internet-delivered cognitive-behavioral program for perfectionism

Silvia Magurean, Adina Flueraş, OanaNădăban, DomeliaMoga, Silvia

Măgurean, Bogdan Tudor Tulbure

West University of Timisoara, Romania

Personalized internet treatmentGerhard Andersson¹, Per Carlbring²¹Linköping University and Karolinska Institute, Sweden²Stockholm University, Sweden**An online transdiagnostic treatment for affective and mood disorders**

BogdanTulbure, Andrei Rusu, Silvia Măgurean, Florin Alin Sava

West University of Timisoara, Romania

Open paper session 6:

Treatment response and outcome moderators in CBT

14:30 – 15:30 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 Cuijpers³

- 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
- ³VU University Amsterdam, The Netherlands
- ⁴Vanderbilt University, United States
- ⁵Icahn 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 Cotet^{1,2}, Erica Weitz³, Pim Cuijpers³

- 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
- ³VU University Amsterdam, The Netherlands

A protocol for an individual patient meta-analysis comparing Cognitive Behavioral Therapy and Interpersonal Therapy for depression

Carmen Cotet¹, Ioana Cristea^{1,2}, Simona Ştefan^{1,2}, Raluca Georgescu^{1,3}, Liviu Fodor^{1,3}

- ¹The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeş-Bolyai University, Romania
- ²Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania
- ³Doctoral School "Evidence-based assessment and psychological interventions", Babeş-Bolyai University, Romania

Open paper session 7:

Cognitive processes as causal factors in psychopathology

14:30 – 15:30 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 Şoflău^{1,2}, 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, 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 meditators in the relationship of Looming Cognitive Style (LCS) with depression and anxiety

Ayşe Altan-Atalay
Koc University, Turkey

Open paper session 8:

New perspectives, instruments and means of delivering treatments

14:30 – 15:30 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
Istanbul 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:

DREAM Project Workshop - Robot-based CBT (free workshop)

Cristina Costescu, Silviu Matu, Radu Soflau

Babeş-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 Babes-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 Babes-Bolyai University, at international level. The Institute has two world-class research Platforms: (1) Robototherapy 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)

CLUJ-NAPOCA TRANSYLVANIA ROMANIA

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

Name	Auditorium Maximum	Aula Magna	Aula	D. V. Ionescu Room	Restaurant	Lobby	Jean Monnet Room	Augustin Maier Room	Nicolae Iorga Room	Vasile Bogrea Room	AVALON Building	Ferdinand Aula	Robert Schuman Room	
Location	Academic College Building	BBU Main Building	Faculty of European Studies	BBU Main Building	Academic College Building	Academic College Lobby	Faculty of European Studies	BBU Main Building	BBU Main Building	BBU Main Building	No. 37 Republicii Street	History Institute	Faculty of European Studies	
9:00	Keynote 13	Keynote 14	In-Congress Workshop 11 Ed Watkins	In-Congress Workshop 12 Kristene Doyle	Coffee break	Poster session 3	Symposium 11	Symposium 12	Symposium 13	Open paper session 14			In-Congress Workshop 13 Arthur Freeman	
9:15	Steven Hollon	Philip Spinhoven												
9:30														
9:45														
10:00	Keynote 15	Keynote 16												
10:15	Mehmet Sungur	Raymond DiGiuseppe												
10:30														
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13:30														
13:45														
14:00					Lunch									
14:15														
14:30	Keynote 17													
14:45	Stefan Hofmann													
15:00														
15:15														
15:30														
15:45														
16:00	Closing ceremony													
16:15														

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, Babes-Bolyai University, Cluj-Napoca, Romania

²The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babes-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-Hatieganu" University of Medicine and Pharmacy, Romania

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

²Department of Psychiatry and Pedopsychiatry, "Iuliu-Hatieganu" 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 Dobrea^{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

Beliefs about exposure therapy

Ivanka Živčić-Bećirević
Department of Psychology, University of Rijeka, 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

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

Potential clients' misconceptions about psychotherapy

Dragana Markanović, Branka Bagarić, 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

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

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, Vasillii 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 Klosowska³, Kamila Kotowicz⁴, Dorota Frydecka⁴, Błażej Misiak⁵, Piotr Bładziński⁶, 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

⁸Department of Clinical Psychology, Institute of Psychology, University of Szczecin, Szczecin, Poland

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

Malgorzata 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)

Malgorzata Lysiak, Paweł Brudek, Stanisława Steuden, Dorota Maćkik
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, Malgorzata Łysiak

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 Gökayılçel², Mehmet Aksan², Mesut Erdem²
¹Department of Psychology, University of Oradea, Romania

²Elazığ Meslekîve 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 Türkçapar, Elif Çarpar

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 Roșeanu, 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 DiGiuseppe²¹Department of Psychology, University of Bologna, Italy²Department 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 Ntantani²¹Department of Psychology, University of Oradea, Romania²Platon 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 Ito³¹Graduate School of Humanities and Social Sciences, University of the Ryukyus, Japan²Graduate School of Medicine, University of the Ryukyus, Japan³Faculty 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 Miclea¹¹Babes-Bolyai University, Romania²UMF Iuliu Hatieganu Cluj Napoca**P28. Irrational beliefs, savoring and depressive symptoms (Poster panel 5)**Diana Cazanescu^{1,2}, Aurora Szentagotai-Tătar^{2,3}¹Doctoral School "Evidence-based assessment and psychological interventions",
Babes-Bolyai University, Romania²The International Institute for the Advanced Studies of Psychotherapy and Applied
Mental Health, Babes-Bolyai University, Romania³Department of Clinical Psychology and Psychotherapy, Babes-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 Romo²¹PSITEC – Psychologie : Interactions Temps Émotions Cognition, University of Lille,
France²CLIPSYD, 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 Kręzolek

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, YukiMizusaki³, Saori Inoue⁴, Akiko Ogata¹¹Graduate School of Education, Hiroshima University, Japan²Mukainada Child Clinic, Japan³Graduate School of Humanities, Kwansai Gakuin University, Japan⁴National Hospital Organization Kure Medical Center, Japan

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

Malgorzata Lysiak, Dorota Mączik
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, Paweł Brudek, Stanisława Steuden, Małgorzata Łysiak
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
²University of Tsukuba, 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, 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

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 Ito⁵

¹Graduate School of Humanities and Social Science, University of the Ryukyus, Japan
²Graduate School of Education, University of the Ryukyus, Japan
³Nanbu Hospital, Japan
⁴Graduate School of Education, Waseda University, Japan
⁵Faculty 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 Ogata¹

¹Graduate School of Education, Hiroshima University, Japan
²Graduate School of Education, University of the Ryukyus, Japan
³Social Medical Corporation Yuuikai Nanbu Hospital, Japan
⁴Graduate 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 Ito⁴

¹Graduate School of Humanities and Social Sciences, University of the Ryukyus, Japan
²Fukuchi Clinic, Medical Corporation Fukuchikai, Japan
³Graduate School of Medicine, University of the Ryukyus, Japan
⁴Faculty 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)

Ivana Perunicic-Mladenovic¹, Zorica Maric², Tatjana Vukosavljevic-Gvozden³

¹Institute of Mental Health, Serbia
²FREBT center, Serbia
³Department of Psychology, University of Belgrade, Serbia

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 Doborean^{2,3}, Robert Balaszi⁴

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

⁴Department 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, Babeş-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 Kłosowska³, Maciej Staszkiwicz⁴, Steffen Moritz⁵

¹Department of Psychiatry, Medical University of Warsaw, Poland

²Institute of Psychology, Jagiellonian University, Krakow, Poland

³Pedagogical University, Department of Psychology, Krakow, Poland

⁴Department of Neurology, Vito-Med Hospital, Gliwice, Poland

⁵Department 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)

Calin Alexandru Hopsitar
Babeş-Bolyai University, Romania

P52. Rationale and study design of an evidence-based gamified mHealth intervention for weight management in young adults with disordered eating: A placebo-controlled, randomized trial (Poster panel 6)

Ioana R. Podina^{1,2}, Liviu Fodor¹, Andrada Jucan¹, Rares Boian¹

¹Babeş-Bolyai University, Romania

²University 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 Ardelt's Three-Dimensional Wisdom Scale (3D-WS) (Poster panel 10)

Malgorzata Lysiak, Stanisława Steuden, Paweł Brudek, Dorota Maćkik
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, Japan

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

Silviu Matu¹, Radu Soflău¹, Alina Buză², Daniel David¹, Magdalena Chirila³, Cristina Tiple³, Florina Veronica Dinescu³, Rodica Muresan⁴, Mircea Giurgiu⁵, Adriana Stan⁵

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

²Cognitrom, Cluj-Napoca, Romania

³Iuliu Hatieganu 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)

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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-Hatieganu 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 Coteş^{1,2}, Simona Ştefan^{1,2}, Sergiu Vălenaş^{1,3},
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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
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³REBT Center, Serbia

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

Silviu Matu¹, Radu Soflau¹, Daniel David¹, Magdalena Chirila², Cristina Tiple², Florina Veronica Dinescu², Rodica Muresan³, Mircea Giurgiu⁴,
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P80. A meta-analytic study on the role of pain catastrophizing in pain and distress (Poster panel 25)

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- 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).

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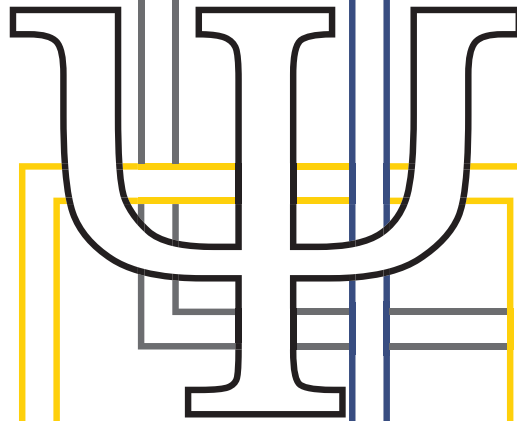


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