

# LINKS

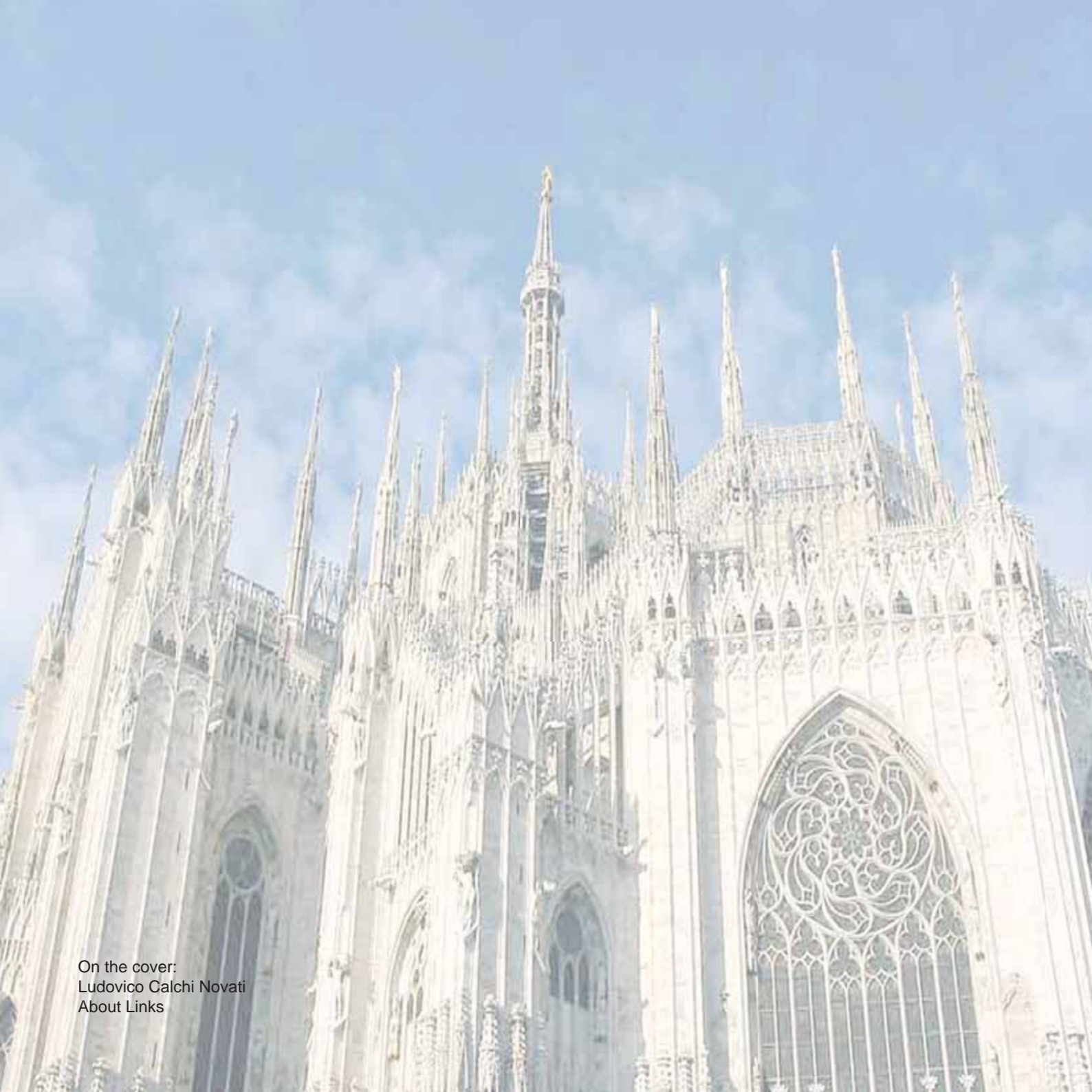
A vertical metal rod stands in the center of a dark, textured rectangular area. At the base of the rod, several thin white threads are wrapped around it, creating a crisscross pattern. The entire scene is framed by a red border with gold-colored corners.

EABCT  
2010

**XL CONGRESS OF EUROPEAN  
ASSOCIATION  
FOR BEHAVIOURAL  
&  
COGNITIVE THERAPIES**

**SECOND ANNOUNCEMENT**

**Milan, october 7<sup>th</sup> – 10<sup>th</sup>, 2010**



On the cover:  
Ludovico Calchi Novati  
About Links

Dear friends,

on behalf of the organizing Associations, it is a great pleasure to invite you to the XL EABCT Conference-LINKS in Milano, 7-10 October 2010. We are proud and honoured to host the EABCT conference in Italy thirteen years after the memorable event in Venice and to be able to offer a different, but equally significant experience.

Milano is an attractive, multi-faceted, exciting, elegant city that merges an intriguing mixture of culture, science, art, fashion and economy. Milano is considered to be an international centre of research and technology, the capital of fashion and design, a temple of music, and the custodian of an artistic striking heritage. From the Roman period through the centuries until now, Milano has represented and shown renowned examples of extraordinary historical and artistic culture. The aesthetic and trendy lifestyle of Milano is evident in the many characteristics and attractions of the city: art galleries and museums, historical and modern buildings and ancient churches, unforgettable art masterpieces, unique shopping opportunities, exciting restaurants, bars and coffee-shops, a fun and sparkling nightlife... the rhythm and the eclectic vibrations of Milano are memorably glamorous. With its enthralling vitality, Milano and its timeless elegance radiate a subtle but irresistible charm.

Because of its history, its geography and its proactive community, Milano has always represented a meeting point and a European crossroads of cultural, artistic and economic ties,

that have enhanced its cosmopolitan touch.

The soul and the traditions of Milano are perfectly attuned with the content and the title of the XL EABCT Congress LINKS.

In its general perspective LINKS wants to create an interconnection between associations, themes, disciplines, countries, cultures, traditions and innovations.

The aim is to strengthen personal LINKS between experts, professionals and students belonging to different countries and cultural roots, to show the reciprocal LINKS between theory and clinical practice, to extrapolate LINKS from interventions focused on specific disorders and the ones addressed in other similar or different disorders; to identify LINKS between the classical expression of our approach and its more recent innovative developments. All this in the context of the numerous and varied LINKS which join the cognitive-behavioural psychology and therapy, with its opportunities of intervention and possibly prevention, to the more and more relevant social problems of our times.

We enthusiastically encourage you to contribute your works and your presence to help us attain this ambitious program and we all are waiting for you in Milano.

Anna Meneghelli  
Chair of the XL EABCT



XV AIAMC National Congress  
*Italian Association for Behaviour Analysis and Modification  
and for Cognitive-Behavioural Psychotherapies*

III AIPP Conference  
*Italian Association for Early Psychosis*

XXI CIANS Conference  
*Collegium Internationale Activitatis Nervosae Superioris*

### Organizing Secretary



Daniela Sacchi

### Chair



Anna Meneghelli

### Executive Scientific Committee



Angelo Cocchi



Spiridione Masaraki

### Honourary President



Gianfranco Goldwurm



Davide Dettore



Ezio Sanavio

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**Max Birchwood**, Birmingham, U.K.  
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**Mario Maj**, Napoli, Italy  
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**Jim van Os**, Maastricht, Olanda  
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**Antonio Vita**, Milan, Italy  
**Christa Zimmermann**, Verona, Italy



## International Advisory Board

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**Mehmet Sungur**, TACBT Turkey  
**Helen Macdonald**, BABCP, United Kingdom  
**Christine Favre**, ASPCo Switzerland





## Keynote Lectures



### *Emotional dysfunction, affect dysregulation and the future direction of CBT in psychosis*

#### **Max Birchwood**

Max Birchwood is Professor of Clinical Psychology, University of Birmingham, Director of Birmingham Early Intervention Services and Director of Research and Development, Birmingham and Solihull Mental Health Trust. He trained at the Universities of Reading, Hull and Birmingham. His special interests include pathways to emotional dysfunction in 'non-affective' psychosis, cognitive—behavioural therapy for command hallucinations, functional magnetic resonance imaging of emotional processing in psychosis and the early detection of psychosis.



### *Reflections on four decades of a career in Behavior Therapy*

#### **Tom Borkovec**

Dr. T. D. Borkovec, Ph.D., Distinguished Professor Emeritus of Psychology at Pennsylvania State University since 1978. Dr. Borkovec's research and clinical practice have focused on adult anxiety disorders. Cofounder of the Pennsylvania Psychological Association's Practice Research Network, has been a Fellow in the American Psychological Association, the Pennsylvania Psychological Association, and the American Psychological Society.



### *Anxiety and sexual dysfunctions: a long-standing dilemma*

#### **Davide Dettore**

Davide Dettore is Associate Professor of Clinical Psychology, Department of Psychology, University of Florence, Italy, president elect and past president of AIAMC, full member of the International Academy of Sex Research. He published over 80 papers and authored or co-authored 10 books on sexological topics and obsessive-compulsive spectrum disorders.



### *The sequential model: a new modality of assessment and treatment of mood disorders*

#### **Giovanni Fava**

Medical Doctor, Board Certification in Psychiatry, Padova, Italy, 1981  
Professor of Clinical Psychology, University of Bologna, Bologna, Italy and Clinical Professor of Psychiatry, School of Medicine, State University of New York at Buffalo.  
President of International College of Psychosomatic Medicine and Editor-in-Chief of Psychotherapy and Psychosomatics



### *Prenatal and perinatal stages of life: integrative and transdisciplinary approaches to primary prevention*

#### **Peter G. Fedor-Freybergh**, MD, PhD, DSc, Dr.h.c. mult.

Professor in Child & Adolescent Psychiatry, in Psychoneuroendocrinology and in Prenatal and Perinatal Psychology and Medicine. Editor in Chief: Neuroendocrinology Letters, International Journal of Prenatal and Perinatal Psychology and Medicine, Biogenic Amines, Antiaging Revue, Activitas Nervosa Superior Rediviva. Chair & Director: Institute of Prenatal and Perinatal Psychology and Medicine, St. Elisabeth University College of Health and Social Work, Bratislava, Slovak Republic.



### *Developments in compassion focused therapy*

#### **Paul Gilbert**

Head of the Research Unit as well as Professor of Clinical Psychology at the University of Derby. He has a degree in Economics, Masters in Experimental Psychology, PhD in Clinical Psychology and a diploma in Clinical Psychology awarded by the British Psychological Society. He was made a fellow of the British Psychological Society for contributions to psychological knowledge in 1993 and was president of the British Association for Cognitive and Behavioral Psychotherapy in 2003. He has also served on the government depression NICE guideline committee.



### *Emotional schemas and cognitive therapy*

#### **Robert Leahy** (B.A., M.S., Ph.D., Yale University), Director,

Dr. Leahy is the President of the Association for Behavioral and Cognitive Therapies, President of the International Association of Cognitive Psychotherapy, President of the Academy of Cognitive Therapy, Director of the American Institute for Cognitive Therapy (NYC), and Clinical Professor of Psychology in Psychiatry at Weill-Cornell University Medical School. He has received the Aaron T. Beck award for outstanding contributions in cognitive therapy. He is currently Editor of Cognitive Behavior Therapy Book Reviews and Associate Editor of The International Journal of Cognitive Therapy.



### *Early Intervention for Emerging Psychotic and Mood Disorders in Young People*

#### **Patrick McGorry**

Patrick D. McGorry, MD, PhD, FRCP, FRANZCP, is Professor of Youth Mental Health at the University of Melbourne and Director of Orygen Youth Health and Orygen Youth Health Research Centre in Victoria, Australia. He is a world-leading researcher in the area of early psychosis and youth mental health. Prof McGorry's work has played an integral role in the development of safe, effective treatments and innovative research involving the needs of young people with emerging mental disorders, notably psychotic and severe mood disorders. Founder of Orygen Youth Health's early psychosis service, known as EPPIC in 1992, has published over 300 papers and book chapters and has edited 5 books.



### *Understanding, preventing and treating severe and persistent health anxiety: what next?*

#### **Paul Salkovskis**

Paul Salkovskis is Professor of Clinical Psychology and Applied Science, University of London, London, Great Britain. From 2000 he is Clinical Director of the Maudsley Hospital Centre for Anxiety Disorders and Trauma. A world renown authority in obsessive-compulsive disorder, hypochondriasis and phobias, he is editor of Behavioural and Cognitive Psychotherapy.



### *New trends in clinical assessment*

#### **Ezio Sanavio**

Ezio Sanavio is professor of Clinical Psychology at the University of Padova, Italy. Dr. Sanavio research and clinical practice have focused on cognitive behavioural assessment, OCD, anxiety disorders and behavioral medicine. He has published about one hundred scientific papers and serves as Editor in Chief of 'Psicoterapia cognitiva e comportamentale', the Italian journal of CBT.



### *Body Dysmorphic Disorder: 120 years after Morselli*

#### **David Veale**

Dr. David Veale is Consultant Psychiatrist in Cognitive Behaviour Therapy at the South London and Maudsley Trust and an Honorary Senior Lecturer at the Institute of Psychiatry, Kings College London. He was a member of the group in the UK that produced the NICE guidelines on treating Obsessive Compulsive Disorder and Body Dysmorphic Disorder published in 2005. He has published about 70 articles, and co-authored one treatment manual on BDD with Fugen Neziroglu published by Wiley. He is a Past President of The British Association of Behavioural and Cognitive Psychotherapies.



## Scientific Programme

The main Scientific programme will be held during four days (October 7-10) and will consist of Pre-Congress Workshops, Keynote Lectures, Meet-the-Expert Sessions, Symposia, Round Tables, Free Papers Sessions, Debates, State-of-the-art Lectures and Poster Sessions. The following Programme is a preliminary version subject to change. Further versions will be regularly updated on the website [www.eabct2010-milan.it](http://www.eabct2010-milan.it).

*Preliminary list which will be updated as new proposals titles come*

## Pre-Congress Workshops

**Cognitive Behavioral and Interpersonal/Emotional Processing Therapies for Generalized Anxiety Disorder**

*Tom Borkovec*

**Treatment of resistant anxiety**

*Robert Leahy*

**Compassion focused therapy**

*Paul Gilbert*

**Treating Body Dysmorphic Disorder**

*David Veale*

**The clinical reality of cognitive-behavioural therapy for OCD: helping people to choose to change**

*Paul Salkovskis*

## Round Tables

**New advances in psychotherapy of psychoses**

**Eating disorders: an update**

**Drugs and psychotherapy: the integration of treatments in depression and psychosis**

**CBT third generation: myth or reality?**

**Improving access to psychological therapy**

**Psychotherapy research in Latin countries: some distinctive features**

**Implementing cognitive-behavioural approach in routine mental health settings**

**Mindfulness: perspectives and evidences**

**New addictions: definitions and treatments**



## Abstracts

All Participants are invited to submit abstracts on one of the topics listed below for presentation at the Conference.

**Deadline for Abstract submission: March 15, 2010**

Abstracts may only be submitted via internet.  
To submit your abstract please go to the XL EABCT web site at:  
**www.eabct2010-milan.it**

Please follow the guidelines when preparing your abstract,  
and kindly indicate your preference for an oral or poster presentation.  
Abstract will not be reviewed if the word count exceeds 300.

### Structure of Abstracts:

**Abstract text:** Sub-headings (e.g. Introduction, Objectives and Methodology, Results, Discussion and Conclusion) may be welcome.

**Keyword:** max 2

**Reference:** (Optional) One or two references can be included in the abstract text or as a list following the abstract. The style of the reference should follow the APA style e.g. numbered or author/date style. Any references included in a reference lists must be cited within the abstract text.

After having submitted your abstract, you will receive a **confirmation** by e-mail. Authors will be notified of the **acceptance in May 7, 2010**.

Note: Italian participants are reminded that some Congress sessions may be in Italian. According to EABTC regulations, 25% of the presentations may be in Italian. The Scientific Committee will review the presentations in Italian and, should the limit be exceeded, shall ask the Authors to translate their presentation in English.

## Publications

All the accepted abstracts will be published in the XL EABCT Conference-Links Abstract Book, that will be inserted into the Conference bags.

## Poster Sessions

Poster will be displayed in the Conference Venue.  
Poster will be mounted on poster boards (size: height 100 cm x width 70 cm) the whole day (08.00 – 18.00 hrs.) of the scheduled presentation.  
Special attention to Posters will be during Lunch-break (13.00-14.00 hrs.) on October 8, 9 and 10, 2010. During that time, Posters should be attended by the Authors.

## Topics

- Acceptance and commitment therapy
- Addictive disorders
- Anger and aggression
- Attention Deficit Disorders
- Behavioural Medicine and Health Psychology
- Bipolar disorder
- CBT and psychosis
- Child and adolescent problems
- Cognitive and behavioural assessment and evaluation
- Cost effectiveness of CBT
- Crisis interventions
- Cross-cultural perspective in CBT
- Couple therapy
- Developmental psychopathology
- Disorders of the autistic spectrum
- Eating disorders
- Obesity
- Early Psychosis
- Elderly and CBT
- Emergency psychology
- Ethical issues
- Evidence based treatments
- Experimental psychopathology
- Family interventions
- Genes influence in mental disorders: new perspectives
- Group therapy
- Health Anxiety and somatoform disorders
- Homosexuality and homophobia
- Interpersonal and problem solving skills
- Learning and cognitive theories
- Organization Behaviour Management
- Mindfulness
- Mood disorders
- Motivation enhancing techniques
- Neurophysiology and psychotherapy
- New technologies and CBT
- Obsessive-compulsive disorders
- Parenting skills
- Personality disorders
- Pharmacotherapy and psychotherapy
- Phobias and panic disorder
- Positive Psychology
- Psycho-oncology
- Psychosis and neurosciences
- Psychosocial rehabilitation
- Psychotherapy and media
- Quality of life
- Rehabilitation in organic pathologies
- Relapse prevention
- Sexual problems
- Sleep disorders
- Sports and coaching
- Stress and stress reduction
- Suicidal cognition and behaviour
- Supervision and therapist training
- Therapeutic relationship
- Trauma and loss



# Registrations

## REGISTRATION FEES (VAT 20% included)

	Until May 31, 2010	as from June 1, 2010 to September 30, 2010	as from October 1, 2010 and On-site
<b>EABCT Member*</b>	Euro 430,00	Euro 490,00	Euro 550,00
<b>Non Member</b>	Euro 500,00	Euro 530,00	Euro 620,00
<b>Students**</b>	Euro 260,00	Euro 280,00	Euro 350,00
<b>Emerging Countries***</b>	Euro 260,00	Euro 280,00	Euro 350,00
<b>One Day Conference</b>	Euro 220,00	Euro 220,00	Euro 220,00
<b>Accompanying person</b>	Euro 120,00	Euro 120,00	Euro 120,00

\* Please see this list to check the EABCT Member Associations [www.Eabct.com](http://www.Eabct.com)

\*\* Please enclose certificate of registration at University Course

\*\*\* Please see the list of the Emerging Countries

### The Registration Fee for Participants includes:

- Admission to the Scientific Sessions, except for the Pre-Congress Workshop
- Access to the Exhibition Area and Poster Sessions
- Final Programme
- Book of Abstracts
- Conference kit
- Electronic Personal Badge
- Opening Ceremony and Welcome Reception
- Closing Ceremony and Farewell drink
- Certificate of Attendance
- Coffee breaks and working lunches, as in the Programme
- Special Concert at Duomo of Milan on October 8, 1020

### The Registration Fee for Accompanying Persons includes:

- Electronic Personal Badge
- Opening Ceremony and Welcome Reception
- Access to the Exhibition Area and Poster Sessions
- Closing Ceremony and Farewell drink
- Special Concert at Duomo of Milan on October 8, 2010

### Pre-Congress Workshop Fees:

	Until May 31, 2010	as from June 1, 2010 to September 30, 2010	as from October 1, 2010 and On-site
<b>EABCT Member*</b>	Euro 150,00	Euro 180,00	Euro 200,00
<b>Non Member</b>	Euro 200,00	Euro 230,00	Euro 250,00
<b>Students**</b>	Euro 100,00	Euro 130,00	Euro 150,00
<b>Emerging Countries***</b>	Euro 100,00	Euro 130,00	Euro 150,00

## On-site Registration

The Registration Desk at Congress Venue will open during the following hours:

Thursday, October 7	08.00 – 19.00
Friday, October 8	08.00 – 18.00
Saturday, October 9	08.00 – 18.00
Sunday, October 10	08.00 – 17.30

## On-site Check-In Procedures

All participants are required to personally check in at the appropriate Registration Desk to receive their badge and the congress bag before attending any Congress Sessions or events.

## Method of Payment

Payment should be made in Euro by one of the following methods:

- online by Credit Card
- by bank transfer  
made payable to T.M.T. S.r.l.  
INTESA SANPAOLO Via Meda 49 – Milano (Italy)  
IBAN IT68 B 03069 0956 0033083830100  
SWIFT-BIC BCITITMM  
The copy of the bank transfer must be sent by fax or mail together with the Registration Form to the Organising Secretariat and should clearly state the name(s) of the Delegate(s) and should clearly state "XL EABCT CONFERENCE-LINKS". No registrations will be made without payment.

## Confirmation and Registration

You will receive a written confirmation of your registration by the Organizing Secretariat.

## Cancellations and Refunds

Cancellations received before September 7, 2010 will be refunded less 70%. Cancellations received after this date will not be refunded.



## General Information

Milan, a busy enterprising city famous all over the world as a business and shopping capital, never fails to demonstrate its many qualities and points of interest to visitors.

Milan has a European scope and is linked to the rest of the world by its international airports, railway stations and a highway network.

### Congress Venue

All Sessions will be held at the Atahotel Quark Congress Center located at Via Lampedusa 11/A in Parco Sud, about 15 minutes from the centre of Milan.

### Language

The official language of the Congress is English. Some sessions in Italian are programmed.

### Certificate of Attendance

The Certificate of Attendance will be handed out along with the Conference bag.

### CME (Continued Medical Education)

Accreditation has been applied for; please find updated information on the Conference website.

### Exhibition

An exhibition of pharmaceutical, technical and research products, scientific book publisher will take place.

### Deadlines

December 15, 2009 - Symposia and workshop submission closed

March 15, 2010 - Abstract submission closed

## Social Programme

### Opening Ceremony and Welcome Reception

On Thursday, October 7, 2010, all participants and accompanying persons are invited to attend the Opening Ceremony.

### Concert at the Duomo of Milano

In the evening of Friday, October 8, 2010, a Concert will be performed at the Duomo of Milano, exceptionally open for the XL EABCT Conference Participants, in a suggestive and unforgettable atmosphere.

### Conference Dinner

Saturday, October 9, 2010, in one of the most traditional and beautiful venues of Milan. Price: Euro 100,00 per person

### Closing Ceremony and Farewell drink

On Sunday, October 10, 2010, all participants and accompanying persons are invited to attend the Closing Ceremony and the Farewell drink which will be held at the main Auditorium of the Congress.

### Accommodation

A considerable block of rooms has been reserved at the Official Congress Hotel and Congress Venue and in other hotels of different categories.

Hotels	Single room	Double room
Atahotel Quark-Congress Venue	Euro 240,00	Euro 260,00
Price category A	Euro 190,00	Euro 215,00
Price category B	Euro 140,00	Euro 165,00
Price category C	Euro 95,00	Euro 120,00

The indicated rates are inclusive of bed and breakfast, VAT and taxes and are valid at the moment of printing. They are subject to change.

## Daily, Pre and Post Congress Tour

A special program of excursions has been devised for the Congress:

### Highlights of Milan

**Best of Milan and shopping tour**

**Art and History**

**Special "Lago di Garda" Day**

**Special "Lago di Como" Day**

**Italian Gems: Firenze, Venezia and Verona**

**Italian Gems: Firenze and Roma**

## Organizing Secretariat

T.M.T. Congress Dept. - Via Mecenate 12 - 20138 Milan, Italy

Phone +39.0258012822 - Fax +39.0258028245

E-mail: eabct2010@tmtworld.it

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**III AIPP Conference**



[www.eabct2010-milan.it](http://www.eabct2010-milan.it)  
[eabct2010@tmtworld.it](mailto:eabct2010@tmtworld.it)  
[eabct2010scient@tmtworld.it](mailto:eabct2010scient@tmtworld.it)