

**Australian Association for
Cognitive and Behaviour
Therapy**

**National Conference
Committee**

**Conference Convenor
Dr Rebecca Anderson**

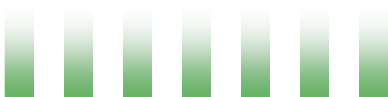
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**Contact us
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aacbtconference@gmail.com**

**For the latest Conference
information visit:
www.aacbtwa.org.au**



32nd AACBT National Conference



5-9 September 2009

Perth Convention Exhibition Centre

It is our pleasure to invite you to the 32nd National Conference of the AACBT to be held in Perth, Western Australia. The Conference will be held at the Perth Convention Exhibition Centre, set on the picturesque banks of the Swan River. We are excited to be hosting a range of expert presenters from around the globe and an impressive line-up of practical workshops aimed at promoting the evidence-based practice of CBT

Perth is one of Australia's most beautiful cities and is well known for its fantastic weather and pristine, uncrowded beaches. It is also an excellent starting point for exploring our rugged outback or the famous vineyards of the Margaret River wine region.

Besides the opportunity to visit a thriving city, we offer you the opportunity to discuss new conceptualisations and CBT practices with peers and a range of national and international experts.

For the first time in AACBT Conference history, we are aiming to support the attendance of the next generation of aspiring cognitive behavioural scientist-practitioners by promoting heavily discounted rates for student members of the AACBT.

This year's action-packed programme includes ten pre-conference workshops, eight keynote and invited addresses, expert panel discussions, seventeen symposia sessions, five open paper sessions, a poster session, and the annual *Great Debate*.

We look forward to seeing you in Perth!

**Dr Rebecca Anderson
Conference Convenor**

Pre-conference full day workshops- Saturday 5th September

Interpersonal/Emotional Processing Therapies for Generalized Anxiety Disorder

By Professor Tom Borkovec

This workshop is designed to introduce clinicians to the use of integrated interpersonal and experiential techniques (IEP) in the treatment of generalized anxiety disorder (GAD). Careful attention will be paid throughout to establish the theoretical and empirical bases for the use of specific techniques. The workshop begins with a brief review of (a) our cognitive behavioural treatment components, (b) basic research on GAD and chronic worry from our own and others' research centres which increasingly indicated the functional importance of emotional avoidance, specific problematic interpersonal relationships, childhood attachment patterns, and social evaluative fears in the development and maintenance of GAD, and (c) psychotherapy process research findings involving cognitive behavioural and psychodynamic therapies and indicating the potential importance of incorporating interpersonal and experiential interventions into CBT. The majority of the workshop will be devoted to presenting: (a) the main underlying assumptions and features of IEP, (b) the general and specific techniques for intervening at the interpersonal and emotional levels, and (c) how the therapeutic relationship can be employed to facilitate intrapersonal and interpersonal functioning. The workshop will end with discussions of detecting incipient ruptures in the therapeutic alliance and ways to repair the alliance. A video-tape of an IEP session with a GAD client that demonstrates many of the interpersonal and experiential techniques and that resulted in a dramatic change for the client and her anxiety will be shown. Information on this presenter is included under *Keynote Speakers*.

Working with Clinical Perfectionism

By Professor Tracey Wade

This workshop will address some background issues, including: defining perfectionism, deciding when perfectionism is a problem and its relationship to psychopathology. We will then address early issues that need to be explored with the client, including why perfectionism persists, motivational issues, building up a case conceptualization and delineating the goals of treatment. Finally, different techniques and behavioural experiments for helping the client break out of the vicious cycle will be explored including: tackling unhelpful behaviour, surveys, tackling perfectionistic predictions and dealing with self-criticism and procrastination. Information on this presenter is included under *Keynote Speakers*.

ACT Made Simple: An Introduction to Acceptance and Commitment Therapy

By Dr Russ Harris

Acceptance and Commitment Therapy, ACT, is an empirically-supported, mindfulness-based cognitive behavioural therapy. David Barlow calls it "A truly creative leap forward ... a new approach to behavior change that is 'must' reading for everyone in the field of psychotherapy". This 1-day workshop covers the ACT model both didactically and experientially, and will give attendees a variety of exciting new tools for motivating behavioural change. Participants will gain an overview of the ACT model, plus a variety of new tools for motivating behaviour change, creative ways to introduce mindfulness *without* meditation, and creative ways to rapidly reduce the impact and influence of dysfunctional cognitions *without* any need to challenge or dispute them. Dr Russ Harris is Australia's leading ACT trainer, and author of the ACT-based self-help book, *The Happiness Trap* (which is not only an Australian best-seller, but is now published in over twenty countries and ten languages).

Mental Health Promotion in Children: The Aussie Optimism Program

By Assoc Professor Clare M. Roberts

Early adolescence is a time of considerable change during which youngsters are required to deal with a variety of challenges. Various emotional difficulties, such as stress, anxiety, or depression, may arise during this period due to factors such as making the transition to high school, the demands of study, performance expectations, peer pressure or family conflict. Current research indicates that this is also an excellent developmental period to provide youngsters with coping skills to prevent mental health problems. The *Aussie Optimism Program* is a comprehensive mental health promotion program for upper primary and lower secondary school, that promotes competence in students and helps them and their families deal with issues such as anxiety, depression and stress. The program includes three components; two school-based curriculum components, *Aussie Optimism: Social Life Skills* and *Aussie Optimism: Optimistic Thinking Skills* and a family-based component, *Aussie Optimism for Parents and Families*. This intervention can be used universally with whole classes of students or with selective groups of children who have been identified as being "at risk" for internalising problems such as anxiety, depression and low self-esteem. This workshop will provide participants with; an understanding of the rationale for mental health promotion programs in schools and knowledge of the risk and protective factors for the late childhood, early adolescence period; knowledge of the content of the *Aussie Optimism Program*; and skills in facilitating the *Aussie Optimism Program*. Participants who complete this workshop will be accredited to implement the program and accreditation certificates will be provided. The workshop will include a mixture of didactic teaching, group discussion, demonstration of intervention activities, and active practice with program content, such as role-play. Participants should be prepared to road test the intervention strategies as part of the workshop.

Pre-conference half day workshops - Saturday 5th September

The Aussie Optimism Positive Thinking Skills Program

9:00am-12:30pm

By Dr Rosie Rooney and Dr Shari Hassan

There are reports of increasing mental health problems for children in middle childhood yet there are very few programs available for this age group. *The Aussie Optimism: Positive Thinking Skills Program* is a mental health promotion program aimed at preventing depression and anxiety in children aged 8-9 years. It can be used as a universal, school based program or as an indicated program for children who already display symptoms of anxiety and depression. The main focus of the *Aussie Optimism: Positive Thinking Skills Program* is to:

- Help build emotional competence;
- Increase independent initiation of pleasurable activities;
- Reduce stress and depression by learning useful relaxation training techniques
- Equip children with basic thinking and problem solving skills;
- Learn how to decrease anxiety about feared situations; and

These key elements have helped students who have been through this program to experience fewer depressive symptoms and have a more positive thinking style (Rooney et al., 2006). This workshop will provide participants with; an understanding of the rationale for the *Aussie Optimism Positive Thinking Skills Program* as well as an understanding of the risk and protective factors for the development of mental health problems in middle childhood; knowledge of the content of the *Aussie Optimism Positive Thinking Skills Program*; and skills in facilitating the *Program*. Participants who complete this workshop will be accredited to implement the program and accreditation certificates will be provided. The workshop will be in an interactive format and include modelling of skills, group work and discussion, role plays, information giving, and presentation of examples of skills learned to the group.

Beyond the manual: How to do child and family therapy really well!

1:00pm-5:00pm

By Professor Mark Dadds

A range of family intervention techniques can promote positive change in children with conduct problems and their families, however, engaging such families can be difficult, drop out rates are high, and change can be hard to achieve when the parent's own issues dominate. This workshop will focus on strategies that can be used to maximize parental engagement, reduce drop-out, and facilitate positive change, in difficult families. First principles, theories and a process model of consultation will be presented that is utilizable across a range of child and family problems. The structure of the workshop will be: 1) Theoretical tools: Behavioural, attachment, structural, and cognitive tools. 2) Assessing the causes of child and family problems: didactic presentation of content advances and a process model for family therapy and empowerment. 3) Therapy Process: work through the process phases using a videotaped example of a family in therapy. Structured but playful behaviour rehearsals will be used for skill development. Information on this presenter is included under *Keynote Speakers*.

Pre-conference full day workshops— Sunday 6th September

Schema Focused Therapy for Borderline Personality Disorder

By Professor Arnoud Arntz

Borderline Personality Disorder (BPD) has for a long time been known as an untreatable mental disorder. Recent developments have challenged this belief, with a recent multi-centre trial led by Professor Arntz convincingly demonstrating that prolonged schema focused therapy (SFT) has a good response and recovery rate, superior to those of a psychodynamic alternative. Schema-Focused Therapy is an integrated treatment based on the schema-mode model of severe personality disorders. SFT integrates experiential, cognitive, interpersonal and behavioural approaches from different theoretical orientations into a coherent model. In contrast to more traditional approaches, SFT tries to create an emotional and warm bond between therapist and client, thus correcting childhood attachment problems. Furthermore, childhood traumatic experiences are addressed and emotionally processed. There is also a strong focus on actively changing behavioural patterns in the present. This workshop will introduce participants to the schema mode model of BPD, and the most important methods and techniques for each mode will be explained and demonstrated with role-plays and video footage. Information on this presenter is included under *Keynote Speakers*.

Mental Imagery in CBT

By Dr Emily Holmes

Recently there has been an increasing interest in mental imagery in a wide range of psychological disorders. However, in day-to-day clinical work, many cognitive therapists remain somewhat uncertain about how to work most effectively with imagery-based approaches. This workshop is designed to provide the theoretical foundations to better understand the nature of mental imagery and from this, how to work with imagery in therapy. For example, we will explore the impact imagery has on emotion, and the various types of images that can occur. Images can be appraised in a variety of ways, triggering differing responses. Hence imagery can function in several ways to maintain psychological problems. This workshop will present a taxonomy to help guide our thinking in treatment. We will also discuss the role of “micro-formulation” of imagery in working with specific clients in areas where treatment manuals do not yet exist. We will discuss a set of interventions that can be used across a wide range of psychological disorders. The workshop will present some illustrative cases and provide an opportunity to discuss a set of interventions to both mitigate the negative effects of negative intrusive imagery and enhance positive imagery. Participants will have the opportunity to put various interventions into practice. Underlying theory will be discussed throughout. Participants are invited to gain a clearer picture of how to understand imagery from a clinical and theoretical perspective, how to formulate problems in which imagery plays a role, and how to intervene, and an enthusiasm to continue to explore this hot topic area. Information on this presenter is included under *Keynote Speakers*.

Intensive Treatment of Specific Phobia: The One-Session Treatment Method

By Professor Tom Ollendick

This workshop will feature the opportunity to explore issues associated with the intensive treatment of children and adolescents presenting with difficult-to-treat specific phobias. Intensive One-Session Treatment of specific phobia will be illustrated via case studies and video presentations. Issues of comorbidity will be considered, as will evidence-based assessment practices. Overall, an evidence-based intervention that is flexibly implemented but rigorously evaluated will be highlighted. Results of a recent NIMH randomized clinical control trial (RCT) conducted in Sweden and Virginia will also be presented, as will initial outcomes from an ongoing RCT using an augmented treatment approach. Attendees are requested to bring relevant case material with them for discussion and commentary. Information on this presenter is included under *Keynote Speakers*.

The Effective Use of Homework Assignments in Cognitive Behaviour Therapy

By Dr Nikolaos Kazantzis

This workshop will provide practical training for the use of homework assignments in cognitive behaviour therapy. Participants will learn about the importance of case conceptualization and the therapeutic alliance for the effective use of homework. The major part of the workshop will be devoted to the demonstration and training in the principal methods for integrating homework into therapy sessions. In particular, the processes in selection, planning, and reviewing homework assignments will be covered. Recent developments in the assessment and monitoring of patient beliefs as determinants of homework adherence will also be discussed. This workshop teaches a 3-step model for the integration of homework in cognitive behaviour therapy. This approach integrates knowledge from behaviour and cognitive theories, research on therapy processes and outcomes, as well as traditional cognitive behaviour therapy methods. Participants learn to conceptualize patients’ engagement with homework according to the cognitive model. Guided exercises allow participants to practice a structured process for the selection, planning, and review of homework as a basis for clinical practice. Homework assignments are a standard feature of cognitive behaviour therapy sessions. Thus, the methods taught in this workshop can benefit a broad range of patient populations, especially those individuals with persistent interpersonal difficulties and complex presentations. In addition, the model can help therapist understanding of patient non-adherence and serve as an useful tool in clinical training and supervision. Participant learning is enhanced through use of video clinical demonstrations, structured participant exercises, didactic presentations, written handouts, and identification of relevant therapist beliefs. This workshop is appropriate for psychologists practising cognitive behaviour therapy, beginning through advanced.

Important workshop information

- Registration desk opens at 8:15am.
- Full day workshops run from 9:00am to 5:00pm.
- Morning and afternoon tea is provided. Lunch is provided for full day workshop registrants only.
- Further details about the workshops and presenters is available via www.aacbtwa.org.au
- Workshops may be cancelled if the number of registrants is insufficient. Notification will be given 2 weeks prior to the workshop.

WORKSHOPS

Keynote Speakers



Professor Tom Ollendick

Virginia Polytechnic Institute and State University

Thomas H. Ollendick, Ph.D., is University Distinguished Professor in Clinical Psychology and Director of the Child Study Centre at Virginia Polytechnic Institute and State University, Blacksburg, Virginia, USA. He is the author of over 250 research publications, over 50 book chapters, and 25 books. Tom is the past Editor of the Journal of Clinical Child Psychology, past Associate Editor of the Journal of Consulting and Clinical Psychology, current Associate Editor of Behaviour Therapy, and founding Co-Editor of Clinical Child and Family Psychology Review. He is the Editor-Elect of Behaviour Therapy and serves on the editorial boards of 16 other journals, including Clinical Psychology: Science and Practice, Cognitive and Behavioural Practice, Journal of Anxiety Disorders, and Child and Family Behaviour Therapy. In addition, Tom is Past-President of the Association for the Advancement of Behaviour Therapy (1995), the Society of Clinical Psychology (1999), and the Society of Clinical Child and Adolescent Psychology (2003). He serves as Scientific Chair of the Elsevier-sponsored Bi-Annual International Conference on Child and Adolescent Mental Health. The recipient of several NIH grants, his clinical and research interests range from the study of diverse forms of child psychopathology to the assessment, treatment, and prevention of these child disorders from a social learning/social cognitive theory perspective.

Keynote Address: Innovations in CBT for Child and Adolescent Anxiety Disorders

Professor Tom Borkovec

Pennsylvania State University

Dr. T. D. Borkovec received his Ph.D. from the University of Illinois in 1970 and spent the next eight years on the faculty of the University of Iowa. He has been at Penn State University since 1978, where he is currently a Distinguished Professor Emeritus of Psychology. Dr. Borkovec's research and clinical practice have focused on adult anxiety disorders. His empirical work has involved both basic and applied research, and his therapy outcome investigations on the cognitive behavioural treatment of generalized anxiety disorder were funded by the National Institute of Mental Health from 1984 to 2003. In the past, Tom has served on NIMH's psychotherapy grant review committee, the DSM-IV Generalized Anxiety Disorder Subcommittee, and several journal editorial boards. He is currently co-founder of the Pennsylvania Psychological Association's Practice Research Network and has been a Fellow in the American Psychological Association, the Pennsylvania Psychological Association, and the American Psychological Society. His contributions to basic research and clinical practice were recognized in 1998 by APA (Division 12, Section 3) with the Distinguished Scientist Award and in 2007 by the Association for Behavioural and Cognitive Therapies with the Outstanding Researcher Award. In September of 2003, he received an honorary doctorate of philosophy degree from Stockholm University.



Keynote Address: Basic and Applied Research in Generalised Anxiety Disorder



Professor Tracey Wade

Flinders University

Tracey Wade completed a Masters of Clinical Psychology at the Australian National University in 1992, a PhD at Flinders University in 1998, and a post-doctoral fellowship in the USA during 1999 at the Virginia Institute for Psychiatric and Behavioural Genetics. She is a Professor at the School of Psychology at Flinders University, and course director of the Clinical Postgraduate training programmes. She has worked as a clinician in the area of eating disorders for almost 20 years. Her current research interests are in the aetiology, prevention and treatment of eating disorders. She has over 80 publications in peer reviewed journals.

Keynote Address: Perfectionism and Eating Disorders

Dr Emily Holmes

University of Oxford

Dr Emily A. Holmes is a Clinical Psychologist with a PhD in Cognitive Neuroscience. She is currently a Royal Society Dorothy Hodgkin Fellow at the University of Oxford's Department of Psychiatry, UK. Dr. Holmes is known for her clinical expertise and research in mental imagery - particularly trauma memory, with current work also reaching into depression and bipolar disorder. Dr Holmes' present work in experimental psychopathology seeks to understand cognitive mechanisms underlying distress across psychological disorders. In particular she is interested in the impact of mental imagery on emotional processing, and the impact of processing biases in the way people interpret information. Dr Emily Holmes holds several research grants in the UK. At Oxford, she has established a research team "EPACT" (Experimental Psychopathology and Cognitive Therapy).

Keynote Address: A healthy imagination? Cognitive theory and cognitive therapy



Professor Mark Dadds

University of New South Wales

Mark Dadds is Principal Research Fellow of the NHMRC, Professor of Psychology at the University of New South Wales, and Professor of Parenting Research at the Institute of Psychiatry, Kings College London. He has developed and directed several national intervention programs for children, youth, and their families, at risk for mental health problems. These programmes have been implemented in each state in Australia and in Canada, the USA, Belgium, and Holland. In the last decade he has been awarded over \$6,000,000 in research funding for his work in clinical child and family mental health. He has been National President of the AACBT, Director of Research for the Abused Child Trust of Queensland, and a recipient of several awards including an Early Career Award from the Division of Scientific Affairs of the APS, the Ian Matthew Campbell Award for excellence in Clinical Psychology, and a Violence Prevention Award for the Federal Government via the Institute of Criminology. Mark has authored 4 books and over 120 papers on child and family psychology. Since 2005 Professor Dadds has worked closely with Royal Far West Children's Health Scheme to establish a collaborative clinical research centre focused on developing state-of-the-art treatments for children and adolescents with behavioural and emotional problems.

Keynote Address: Attention, facial emotion recognition and psychopathology



Professor Arnoud Arntz

Maastricht University

Arnoud Arntz is a full professor in Clinical Psychology and Experimental Psychopathology at Maastricht University. He is currently co-editor in chief of the Journal of Behavior Therapy and Experimental Psychiatry. One of his major research interests is the psychological understanding and treatment of Borderline Personality Disorder, and he is also well-known for his work on imagery and rescripting of childhood memories. He was project leader of the Dutch multicenter trial comparing schema-focused therapy and transference-focused psychotherapy (a psychodynamic approach) as treatments of borderline personality disorder.

Keynote Address: Schema Focused Therapy for Personality Disorders



Registration Information

Registration

Please visit our conference website www.aacbtwa.org.au click on [Registration and Fees](#) and follow the link to our secure registration provider “Register Now”.

Please note:

- Payments must be made by MasterCard or Visa
- Payments will appear as “Register Now” on your credit card statement
- You will be automatically sent a confirmation receipt—please save or print this for your records

Fees

	<i>AACBT Student Members*</i>	<i>AACBT Members*</i>	<i>Non-Members</i>
Workshops (5-6 Sept)			
Full day – Early bird rate**	\$130	\$195	\$280
Full day – Normal rate	\$160	\$245	\$330
Half day - Early bird rate**	\$75	\$105	\$150
Half day - Normal rate	\$95	\$155	\$205

Scientific Programme (7-9 Sept)

Early bird rate**	\$195	\$495	\$595
Normal rate	\$275	\$575	\$675

Social Events

Welcome drinks 1 complimentary ticket per scientific programme registration
Additional tickets \$35 each

Conference dinner \$110 per ticket

Want to register at the member rate? Sign up as a member first at www.aacbtwa.org.au

* Student Members and Members of foreign CBT organisations (e.g., EABCT organisations, ABCT) are invited to register at the AACBT member rates. However, written evidence (e.g., receipt, confirmation letter) must be provided to the registration desk indicating your 2009 membership status. Delegates unable to provide such evidence will be required to pay the Non-Member rate.

**Early Bird Rates are for payments received on or before 1st August 2009. Payments received after this date are not eligible for the discounted rate.

Accommodation and Travel Planning

The AACBT has elected the Lido Group to negotiate cheaper hotel rates for conference delegates. Please visit our website www.aacbtwa.org.au click on [Accommodation and Travel Planning](#) then follow the link to the Lido group. Here you will find a range of nearby hotels at prices negotiated especially for AACBT delegates, as well as maps, and information about travel insurance, flights and car hire.

Cancellation Policy

- Cancellations with accommodation and travel suppliers must be made directly with the suppliers and not with AACBT.
- Cancellations and amendments to workshop, scientific programme and social programme registrations must be made via aacbtconference@gmail.com
- A full refund will be issued if received in writing 14 days prior to the workshop minus a \$50 processing fee.
- Cancellations within 14 days of workshop date will receive a 50% refund.
- Notice of cancellations must be given to AACBT WA via email to aacbtconference@gmail.com and will be confirmed via reply email.
- AACBT WA will not accept responsibility for correspondence that is delayed or for failure of delivery.
- No refunds will be given for cancellations received on or after the 4th September 2009, however you may nominate an alternative attendee.
- Please note that registration does not include insurance of any kind and that delegates are required to hold adequate travel insurance to cover any losses sustained should the conference be cancelled.