



E-NEWS

**1 June
2025**

The 55th Annual Congress of the
European Association for Behavioural and Cognitive Therapies

People Make Glasgow: Connections Drive Change

3-6 September 2025

SEC (Scottish Events Campus) Glasgow, Scotland, UK

Only 3 months to go!

EARLY BIRD REGISTRATION CLOSES ON 30th June 2025

Make sure you do not delay registering and save money.

You can register online by going to www.eabct2025.org

SEC Scottish
Event
Campus

Glasgow

3-6 September 2025



The Congress Programme

Submissions have now closed.

The response to the call for papers was amazing. The quality of submissions was so high and the representation across the Congress streams and from European countries and the rest of the world was what we were hoping for.

BABCP's Scientific Committee with the support of a European Advisory Group and co-chaired by Jo Daniels and Simon Blackwell are now in the final stage of scheduling the programme that will cover the multiple congress streams and the theme of the Congress "People Make Glasgow: Connections Drive Change".

21 keynote speakers

82 symposia

25 skills classes

10 panel/round tables

15 in-congress workshops

- **Open Paper sessions**
- **5 Poster sessions**

Congress Streams

Adult Mental Health: Anxiety disorders, OCD, and PTSD
Adult Mental Health: Mood, Eating, and Addictive Disorders
Bipolar Disorder, Psychosis and Clinical complexity
Children, Young People and Families
Behavioural Medicine, Health and Wellbeing
Intellectual and Developmental Difficulties
Experimental Psychopathology
Therapeutic Mechanisms and Processes in CBT
Innovations in delivery of CBT
Equality, Diversity, Inclusion and Culture in CBT
Training, Supervision and Professional Issues

Over 900 delegates will be presenting during the three days of the congress from the following countries
Europe and EABCT: Albania • Austria • Belgium • Bosnia & Herzegovina • Bulgaria • Croatia • Cyprus • Czechia • Denmark • Finland • France • Germany • Greece • Hungary • Iceland • Ireland • Israel • Italy • Latvia • the Netherlands • Norway • Poland • Portugal • Romania • Russian Federation • Serbia • Slovenia • Spain • Sweden • Switzerland • Turkey • Ukraine • United Kingdom
Rest of the World: Australia • Brazil • Canada • India • Indonesia • Japan • Kazakhstan • Kingdom of Bahrain • Republic of Korea • New Zealand • Pakistan • Singapore • South Africa • Thailand • United Arab Emirates • United States of America • Zimbabwe

Keynote Presentations

Arnoud Arnzt, Amsterdam, the Netherlands
Imagery Rescripting

Dixon Chabanda, Zimbabwe
Friendship bench

Michelle Craske, Los Angeles, USA
Anxiety and depression

Cathy Creswell, Oxford, UK
CBT for child anxiety problems

Colin Espie, Oxford, UK
Psychological therapy & pharmacotherapy

Azucena Garcia-Palacios, Castelló, Spain
Digital solutions

Gillian Haddock, Manchester, UK
Suicide and psychosis

Nusrat Husain, Manchester, UK
Cultural adaptation of psychological therapies

Andrew Jahoda, Glasgow, Scotland
Psychological therapies for people with more severe and profound intellectual

Lars Klintwall, Stockholm, Sweden
Personalized symptom networks

Hans Knoop, Amsterdam, the Netherlands
Chronic Fatigue

Ken Laidlaw, Exeter, UK
CBT across the adult lifespan

David Mataix-Cols, Stockholm, Sweden
Beyond symptom reduction

Rory O'Connor, Glasgow, Scotland
Understanding suicide risk

Agnieszka Popiel, Warsaw, Poland
PTSD prevention and treatment.

Filip Raes, Leuven, Belgium
A Transdiagnostic Case Conceptualization

Jessica Schleider, Evanston, USA
Single-Session Interventions

Roz Shafran, London, UK
The Role of Transdiagnostic Treatments

Luisa Weiner, Strasbourg, France
Emotion dysregulation in autistic adults

Ulrike Willutzki, Witten, Germany
Psychotherapy training

Pre-Congress Workshops

A programme of one day Pre-Congress Workshops will run on Wednesday 3rd September. Each workshop will run from 9am - 5pm

Spaces on the workshops are limited and some of the workshops may be full so to avoid disappointment an early registration is suggested.

Delegates attending a workshop will receive a certificate of attendance indicating the number of hours continuing professional development that are awarded.

Full details of each of the workshops can be found on the congress website www.EABCT2025.

Workshop 1



Imagery Rescripting as a transdiagnostic technique to address memories of adverse and traumatic experiences
Arnoud Arnzt, University of Amsterdam, Netherlands

Workshop 2



Overcoming common challenges when working with parents of children with anxiety problems
Cathy Creswell & Chloe Chessell, University of Oxford, UK

Workshop 3



Targeting cognitive change in depression: key strategies for lasting impact
Keith Dobson, University of Calgary, Canada

Workshop 4



Untangling the 'Complex' in complex PTSD: What it means, Why it matters, & how to treat it
Sharif El-Leithy, South West London and St George's Mental Health NHS Trust, UK

Workshop 5



Delivering cognitive and behavioural therapeutics (CBTx) for insomnia in routine clinical practice
Colin Espie, University of Oxford, UK

Workshop 6



Brain state and integrative processes in compassion focused therapy
Paul Gilbert, University of Derby, UK

Workshop 7



Complex issues and suicide risk in people with psychosis: an interactive workshop
Gillian Haddock, University of Manchester, UK

Workshop 8



Teaching Recovery Techniques: An Evidence-Based Intervention for Children Affected by Trauma

Dennis Ougrin, Queen Mary University of London, UK & Anna Tarasenko, Ukrainian Medical Association of the UK and Mindly Ltd.

Workshop 9



Too good for your own good: Effective strategies to treat perfectionism

Roz Shafran, University College London I, UK and Tracey Wade, Flinders University, Australia

Workshop 10



This workshop will be rubbish and no one will go." Addressing self-criticism, negative self-beliefs and socially traumatic memories in cognitive therapy for Social Anxiety Disorder

Emma Warnock-Parkes, University of Oxford, UK

Workshop 11



Dialectical Behaviour Therapy (DBT) for autistic adults without intellectual disability

Luisa Weiner, University of Strasbourg, France

Workshop 12



Supervision in CBT – fostering professional growth and conceptual refinement

Ulrike Willutzki, Witten/Herdecke University, Germany

Workshop 13



Cognitive-behavioural interventions with traumatized refugees and asylum seekers

Kerry Young, Central and North West London NHS Foundation Trust, UK

2000 + delegates

We anticipate that the 900 delegates who will be presenting at the congress will be joined by at least the same number joining to listen and learn at a truly international CBT Congress. We are hoping we will have more than 2000 delegates from over 60 countries and it could be the largest EABCT Congress since EABCT hosted the World Congress in 2019 in Berlin.

On the 30th May 694 people had registered and from experience this will probably double by the end of the early bird registration on 30th June and could treble by the 30th August when the opportunity to register in advance has ended and people then have to register on site.

Details of registration rates are on the next page. You will save up to £60 if you take advantage of the early bird rate. If you cannot make the congress for all three days you can also register to attend for just one or two days. Lunch is included in your registration fee and so is the opening reception if you have arrived on Wednesday 3rd by 6.30pm

We would love to see you all in Glasgow in person but appreciate that time and cost may make this difficult for some people. If so there is the opportunity join online and participate in real time and listen to the sessions that will be running from the 4 largest lecture theatre. This will include the opening event, all 20 keynote lectures and 44 other sessions (symposia, panel and roundtable sessions and skills classes) as well as all the poster sessions. You do not have to watch everything in real time as you will then have access to over 120 hours of the recorded congress sessions for up to 3 months after the Congress has finished.

Delegates joining in person will also have access to the recordings for the days they have registered to attend so they can listen to the sessions they have missed or want to listen to again.

Do not delay and register before 30th June. We also have a wonderful social programme and if the demand for tickets continues as it is then we would not be surprised if the party and the gala dinner are sold out well before the congress if not the end of June.

In-Congress Workshops

During the Congress we also have a programme of half day In-Congress Workshops that will run from Thursday 4th September to the morning of Saturday 6th September.

Full details of each of the workshops can be found on the congress website www.EABCT2025.org. Delegates will be able to register for the workshops when they arrive but will also be sent information about how to register in advance in Mid June. Spaces on each the workshops are limited so to avoid disappointment registration in advance is suggested.

There is an additional registration fee for attending the workshops and delegates will receive a certificate of attendance indicating the number of hours continuing professional development that are awarded.

Treatment for Depression, Anxiety and Anhedonia, Michelle Craske, USA | **OCD Unlocked**, Lata McGinn, USA | **CFT for Complex PTSD**, Deborah Lee & Hjordis Lorenz, UK | **Finessing the Formulation**, Stirling Moorey, UK | **Managing Cravings & Addictive Behaviors using ACT**, Maria Karekla, Cyprus & Megan Kelly, USA | **Working with transdiagnostic dissociative experiences**, Emma Cernis, UK | **Strategies to Maximize Exposure-Based CBT for Youth with Anxiety Disorders**, Anne Marie Albano, Aleta Angelosante & Sandra Pimentel, USA | **CBT for Nightmares**, Kristi Pruiksma & Hannah Tyler, USA & Annette Van Schagen, Netherlands | **Using an ACT approach for Long Term Conditions**, Trudie Chalder and Debra Brewin, UK | **Managing death, isolation, identity, freedom and the search for meaning**, Ross Menzies, Australia | **Expanding your CBT skills for working with sensitivity to specific sounds**, Jane Gregory & Tom Graham, UK, Zach Rosenthal & Grace Heppes, USA | **CBT for Intolerance of Uncertainty**, Craig Chigwedere, Ireland | **Repetitive Thinking from a Metacognitive Perspective**, Ercan Altinö, Hakan Turkcapar & Kadir Özdel, Turkey | **Brief Group Schema Therapy (BST) for Complex Cases**, Michiel Van Vreeswijk, Netherlands and Kirsty Gillings, Scotland | **Building Therapist Resilience and Confidence in Client Care**, Aylin Webb, UK

Registration Information

In Person Full Congress. Thursday 8.30 am – Saturday 4.30 pm

Registration fee includes refreshments and lunch each day

	Early Bird Until 30th June	Standard Until 29th August	On site & After 30th August
EABCT/WCCBT/BABCP member	£365	£425	£485
Emerging Countries	£220	£270	£320
Students	£220	£270	£320
Non-members	£465	£525	£585

In Person Day Registration. Thursday, Friday and Saturday

Delegates can book to attend one or two days and registration includes refreshments and lunch each day

	Early Bird Until 30th June	Standard Until 29th August	On site & After 30th August
EABCT/WCCBT/BABCP member	£150	£180	£210
Emerging Countries	£90	£120	£150
Students	£90	£120	£150
Non-members	£195	£225	£255

Online Full Congress. Thursday 8.30 am – Saturday 4.30 pm

Online delegates will have the opportunity to participate in real time in the programme that will be running from the 4 largest lecture theatres. This will include all 20 keynote lectures and 44 other congress sessions (symposia, panel and discussion sessions and skills classes) and the poster sessions.

	Early Bird Until 30th June	Standard Until 29th August	On site & After 30th August
EABCT/WCCBT/BABCP member	£199	£230	n/a
Emerging Countries	£150	£175	n/a
Students	£150	£175	n/a
Non-members	£250	£280	n/a

Full Day Pre-Congress Workshop Registration

	Early Bird Until 30th June	Standard Until 29th August	On site & After 30th August
EABCT/WCCBT/BABCP member	£100	£125	n/a
Emerging Countries	£80	£100	n/a
Students	£80	£100	n/a
Non-members	£125	£150	n/a

Register online on the Congress website

EABCT2025.org

The Social Programme

Do not miss the social programme and all that Glasgow has to offer if you are attending in person. Glasgow is steeped in history and culture with world-class museums and galleries, amazing architecture and a legendary music scene. Glasgow regularly tops the charts as 'world's friendliest city' so when you are at the Congress make sure you stay awhile and experience everything Glasgow has to offer. Make a holiday of it. Glasgow is the gateway to Scotland's great outdoors, with beaches, castles and rugged coastlines to discover.



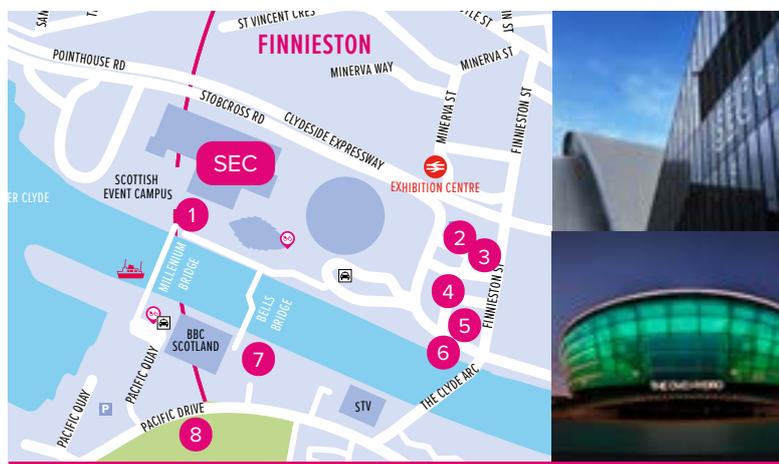
During the Congress, we will have a full social programme which will give you a taste of Scotland. Starting with our opening reception at the SEC, the city of Glasgow will welcome you with music and dancing as well as drink and canapés. On the Thursday night join us for an Unforgettable Night of Music and Dance at St Luke's and The Winged Ox! We are bringing together some of the finest Scottish musicians for an epic showcase featuring exclusive guest appearances from members of Bedlam and culminating with a powerful set by The Magnificent After80s! You must not miss this chance to soak in the sounds, celebrate local talent, and dance till you drop!

On Friday we will be celebrating the congress at a Gala dinner in the beautiful Kelvingrove Art Gallery and Museum. This will be a special night out which will include not only a welcome drink, a private viewing of the museum, a three-course dinner with wine but also a Scottish ceilidh to end the night with more music.

Visit the congress website and watch the video on the social programme and listen to the music of Kevin Noon

Where will you be staying in Glasgow?

Have you booked your accommodation in Glasgow? For your accommodation we have selected a range of hotels in Glasgow which are ideally located and these can be booked via the Hotel Reservation Service (HRS) on the Congress website and the HRS offers special rates for the EABCT2025 delegates. Hotel bookings are made by clicking on this [link](#)



Hotels near the Scottish Event Campus

1. Crowne Plaza
2. Courtyard by Marriott SEC
3. Moxy SEC
4. Campanile
5. Radisson RED
6. Hilton Garden Inn
7. Premier Inn Pacific Quay
8. Village



Scan to receive further information and the next edition of the E-NEWS

Any questions about EABCT2025?

contact EYAS on EABCT@EYAS.co.uk

see you in Glasgow

EABCT2025 E-NEWS will be published on 1st of each month in the run up to the Congress to bring you information on the development of the scientific and social programme, hotel opportunities and travel options.

To subscribe to E-NEWS sign up via www.eabct2025.org