Worry and rumination: Recent advances in understanding the processes
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43rd Annual Congress
European Association for Behavioural and Cognitive Therapies

43ème Congrès Annuel
l’Association Européenne des thérapies comportementale et cognitive

Palais des Congrès de la Palmeraie
Marrakech, Morocco
25th–28th September 2013

The European Associations for Behavioural & Cognitive Therapies


Affiliated associations: Canadian Association of Cognitive and Behavioural Therapies; Lebanese Society for Cognitive and Behaviour Therapy; Moroccan Association for Behaviour and Cognitive Therapies
An invitation to EABCT 2013

The European Association for Behavioural and Cognitive Therapies (EABCT) has the pleasure of running its 43rd Annual Congress from 26th–28th September 2013 in the beautiful city of Marrakech where we know that we have a setting that will ensure delegates will experience a Congress they will remember for many years to come.

This brochure provides information on the scientific and social programme that you will experience together with information on how to register for the congress and organise your trip to Marrakech. Regular updates on the congress scientific programme, the workshops, social programme and further information on Marrakech and Morroco is available on the congress website. www.eabct2013.com

We have the pleasure of inviting you to the 43rd Annual Congress of EABCT to be held in Marrakech, Morocco from the 26th–28th September 2013. The Congress is organised by EABCT and the team that made the World Congress in Barcelona in 2007 such a success.

The venue is the Palais des Congrès de la Palmeraie and we are looking forward to our collaboration with the Moroccan Association for CBT to provide a scientific programme that will showcase the development of CBT across Europe and beyond. The congress will provide a unique opportunity for delegates to discover and enjoy the culture and diversity of one of its neighbours in North Africa and give a real experience to one of the major themes of the congress which is to develop our understanding and knowledge of “CBT and Culture”.

We look forward to seeing you in Marrakech.

Rod Holland | President EABCT

The Moroccan Association of CBT, the University of Casablanca and the City of Marrakech will welcome the 43rd EABCT Congress to the beautiful city of Marrakech. We will ensure that the congress is not only a great scientific success but also an experience that you will remember all you life.

Over the past few years we have formed close friendships with many EABCT associations and CBT therapists from across the world who have contributed to our CBT training programme. The congress will be the largest gathering of CBT on the African Continent and a stimulus for the continuing growth and development of CBT in Africa into future years.

We will have a warm welcome for you and give you the opportunity to discover new ideas and make new friends in a new culture.

Jamal Chiboub, Nadia Kadri
Joint Organisers AMTCC
Organisation

The EABCT Organising Committee

Andreas Veith
Congress Organiser

Rod Holland
President, EABCT

Antonio Pinto
EABCT Congresses Coordinator

Maria do Ceu Salvador
Congress Treasurer

Philip Tata
Chair of Scientific Committee

AMTCC Committee

Jamal Chiboub | Fès

Nadia Kadri | Casablanca

Said Ech-Cherif El Kettani | Meknes

Kawtar Halty | Casablanca

Nazha Fahem | Casablanca

Hassan Hafidi Alaoui | Meknes

Fatine Fifani | Azrou

Scientific Committee

Chair of Scientific Committee

Philip Tata
EABCT

Susan Bogels
Netherlands | Child and Adolescent Mental Health

Peter De Jong
Netherlands | Basic Psychological Processes

Rob Dudley
UK | Therapeutic and Applied Issues

Miguel Fullana
Spain | Adult Mental Health

Kristoffer Mansson, Sweden and Nick Hawkes,
UK | Open papers and Posters

Pierre Philippot
Belgium | CBT & Cultures

Antonio Pinto
Italy | Special Interest Groups

Agnieszka Popiel
Poland | Training, Supervision and International Standards

Craig Steel
UK | Psychosis (including bipolar disorder)

Mehmet Sungur
Turkey | Sex, Marital and Family Relationships

Nicole Tang
UK | Behavioural Medicine

John Taylor
UK | Learning Disabilities, Developmental Disorders & Forensic

Glenn Waller
UK | Eating & Addictive Disorders

Joint Chairs, French Programme Committee

Nadia Kadri | Casablanca

Jamal Chiboub | Fès

Fatima Asri | Marrakech

Jean Cottraux | Lyon, France

Charly Cungi | Rumilly, France

Christine Mirabel Sarron | Paris, France

Diss Moussaoui | Casablanca

Jallal Toufiq | Rabat

Tyal Hachem | AMPEP
Call for Papers

The Congress will undoubtedly have state-of-the-art presentations across the full-breadth of CBT, and from all over Europe and the world. You should aim to be part of this and consider submitting to the Scientific Programme - there is a wide range of formats for submissions available, including:

Symposia | Panel Debates | Clinical Roundtables | In-Congress Workshops | Open Papers | Posters

The call for papers is open until 3rd March 2013

Outline Programme
Details about the invited addresses and pre-conference workshops are available in this programme and on the website from August 2012.
Details of the social and wider professional programme are also provided.

Final Deadline
All submissions can be made until 3rd March 2013 (Posters accepted until 21st April 2013) and notification of whether submissions have been accepted will take place in April/May 2013

Final Programme
This will be available on the website from July 2013 when all of the submissions have been reviewed by the Scientific Committee. It will provide a comprehensive guide to the scientific programme running throughout the EABCT 2013 and final congress arrangements.

Visit the Congress website www.eabct2013.com for details of the programme.
Schema Therapy for Personality Disorders
Arnoud Arntz, Maastricht University, The Netherlands

Cognitive Therapy of Personality Disorders
Judith Beck, University of Pennsylvania, USA

The Social Origins of the Positive Syndrome of Psychosis
Richard Bentall, University of Liverpool, UK

Mindfulness in Families
Susan Bogels, University of Amsterdam, Netherlands

Culturally Sensitive Cognitive Behavioural Therapy for Anxiety
Tom Borkovec, University of Illinois, USA

Resisting Temptations: How to Deal with Impulsive Behaviors in Eating Disorders
Laurence Claes, Catholic University of Leuven, Belgium

Prevention of Couple Distress and Child Behavioral and Emotional Problems
Kurt Halhweg, TU Braunschweig, Germany

Psychological Therapies for People with Intellectual Disabilities
Richard Hastings, University of Bangor, UK

Cognitive Processes that Maintain Generalised Anxiety Disorder
Colette Hirsch, King’s College, London, UK

Depression, Self-criticism and the Waves of CBT
Eduardo Keegan, University of Buenos Aires, Argentina

Forgetting Fears: A Translational Approach to the Treatment for Anxiety Disorders
Merel Kindt, University of Amsterdam, The Netherlands

CBT Across Cultures: Isn’t Being Receptive and Collaborative Enough?
David Kingdon, University of Southampton, UK

Can Cognitive Science Assist in the Diagnosis & Treatment of Affective Disorders?
Ernst Koster, Ghent University, Belgium

Emotional Schemas and CBT
Robert Leahy, American Institute of Cognitive Therapy, USA

A Transdiagnostic Approach to Pain and Sleep
Steven Linton, Orebro University, Sweden

Short Term therapy, Long Term Success: Optimizing Psychological Treatments
Jurgen Margraf, Ruhr-University of Bochum, Germany

The Treatment of Anxiety Disorders in Children and Adolescents
Ron Rapee, Macquarie University, Sydney, Australia

Lessons from Developments in the Understanding and Treatment of OCD
Paul Salkovskis, University of Bath, UK

Enhancing Awareness and Understanding? Lessons from Sufizm
Mehmet Sungur, Medical Faculty of Marmara University, Istanbul, Turkey

French Language Programme

TCG et Cultures
Jamal Chiboub, President of AMTCC

Thérapie Cognitivo-comportementale et Neurosciences
Jean Cottraux, Lyon University, Scientific Director: IFFORTHECC, Lyon, France

Troisième Vague des TCC : validité scientifique
Pierre Philippott, University of Louvain, Belgium

Jamal Chiboub
Jean Cottraux
Pierre Philippott
Pre-Congress Workshops

**Workshop 1**
Imagery Rescripting for Trauma Related Problems
Arnoud Arntz, Maastricht University, Netherlands

**Workshop 2**
Cognitive Therapy for Depression
Judith Beck, University of Pennsylvania, USA

**Workshop 3**
Interpersonal/Emotional Processing Therapy for Generalized Anxiety Disorder
Tom Borkovec, University of Illinois, USA

**Workshop 4**
CBT for complex cases: Looking for Patterns and Developing Treatment-guiding Hypotheses
Mark Freeston, Newcastle University, UK

**Workshop 5**
Emotional Schema Therapy
Robert Leahy, American Institute of Cognitive Therapy, US

**Workshop 6**
Exposure Therapy; Many Ways To Do it Wrong, but Some To Do it Right:
Jurgen Margraf, Ruhr-University of Bochum, Germany

**Workshop 7**
The Nature and Treatment of Anxiety Disorders Among Children and Adolescents
Ron Rapee, Macquarie University, Sydney, Australia

**Workshop 8**
The Psychological Treatment of Somatic Symptoms
Winfried Rief, Philips-University Marburg, Germany

**Workshop 9**
Helping People to Choose to Change: Focused CBT for Obsessional Problems
Paul Salkovskis, University of Bath, UK

**Workshop 10**
Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA)
Clinical outcomes for anorexia and its application to other eating disorders
Ulrike Schmidt, Institute of Psychiatry, UK

**Workshop 11**
Supervision and Beyond
Yona Teichman, Tel Aviv University, Israel

**Workshop 12**
Developments in CBT for Psychosis
Mark Van der Gaag, Vrije Universiteit Amsterdam, the Netherlands

**Workshop 13**
Treating Post-traumatic Stress Disorder in Asylum Seekers and Refugees: How to Make Cultural Adaptations to Standard Cognitive Behavioural Treatment Approaches
Kerry Young, Forced Migration Trauma Service, UK

**French Language Pre-congress Workshops**

**Workshop 14**
Thérapie Cognitive des Troubles de la Personnalité
Jean Cottraux, Former Head of Unit, Lyon 1 University
Scientific Director: IFFORTHECC, Lyon, France

**Workshop 15**
Addiction A l’Internet / Addiction Comportementale
Charly Cungy, Association Suisse de Psychothérapie Cognitive, Geneva, Swisse

**Workshop 16**
TCC des symptômes psychotiques
Jérôme Favrot, Institut et Haute École de la Santé La Source – Lausanne, Swisse

**Workshop 17**
Troubles Oppositionnel
Gisèle George, AFTCC, France

The Pre-congress workshops will run from 9.30 to 17.00 on Wednesday 25th September. Full details for all the workshops can be found on the Congress website on [www.EABCT2013](http://www.EABCT2013).
Registration Information

All participants must complete the registration form. Online registration is available on the Congress website www.eabct2013.com or you can download a form and email or fax it to the congress secretariat.

The Congress Registration

<table>
<thead>
<tr>
<th>Registration Fee</th>
<th>Until 24 May 2013</th>
<th>After 24 May 2013</th>
<th>After 20 September 2013 &amp; on-site</th>
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<tr>
<td>Member*</td>
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<td>EUR 525</td>
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<td>Accompanying Person</td>
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<td>EUR 120</td>
<td>EUR 150</td>
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* Members are paid up members of one of the member or affiliate member associations of EABCT (Europe), ABCT, (USA), ALAMOC (South America), ABCBT (Australia), Japan.

** Countries designated as Emerging Countries are detailed on the registration page of the website and on the on-line registration form.

*** Proof of Status (photocopy of International Student Card - ISIC) must be sent with the registration form to the Congress Secretariat.

The Registration Fee Includes

- Admission to the scientific sessions from Thursday 26th September to Saturday 28th September 2013 except for the congress workshops
- Final programme and abstract book
- Badge
- Access to the exhibition area and poster sessions
- A certificate of attendance
- Coffee breaks and lunch each day
- Tourist information on Marrakech
- Opening ceremony and welcome reception Wednesday 25th September 2013 at the Palmeraie Golf Hotel

For Group Rates of 8 or more people contact the Congress Secretariat.

The Accompanying Person’s Registration Fee Includes

- Access to the exhibition area and poster sessions
- Access to the International Party
- Tourist information on Marrakech
- Opening ceremony and welcome reception Wednesday 25th September 2013 at the Palmeraie Golf Hotel

The Pre-Congress Workshop Registration Fee Includes

- Access to one pre-congress workshop of your choice
- Badge
- A certificate of attendance
- Coffee breaks and lunch
- Handouts related to the workshop

Full Day Pre-Congress Workshop Registration

<table>
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<th>After 24 May 2013</th>
</tr>
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<tr>
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<td>EUR 180</td>
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</table>

An in-congress workshop programme will be posted on the website and emailed to delegates when the final programme has been agreed in April 2013. Delegates will be able to book online in advance or at the congress.

Morrocan and other North African delegates will have the opportunity to register and pay in Dirhams. Details will be published on the web site.
General Information

Congress Venue
The Congress will be held at the
The Palmeraie Hotels & Resorts
Les Jardins de la Palmeraie | Circuit
de la Palmeraie, Marrakech 4000,
Morocco
http://www.palmeraiemarrakech.com/
The Palais des Congrès de la
Palmeraie offers an excellent venue
for the scientific programme that will
ensure the success of our event.

Congress Secretariat
EYAS LTD
7 Temple Bar Business Park,
Strettington, Chichester,
West Sussex PO18 0LA,
United Kingdom
t: +44 (0)1243 775561
f: +44 (0)1243 776738
e: eabct2013@eyas.co.uk
www.eyas.co.uk

Congress Dates
A programme of Full Day Pre-
Congress Workshops will be held
on Wednesday 25th September 2013
The Congress will start on Thursday,
26th September 2013 and will end
on Saturday, 28th September 2013.

Registration
Registration will take place in the
entrance foyer of the Palais des
Congrès de la Palmeraie at the
following times:
Tuesday 24th September 2013
16.00 - 20.00
Wednesday 25th September 2013
08.00 - 20.00
Thursday 26th September 2013
08.00 - 16.00
Friday 27th September 2013
08.00 - 16.00

Food and Beverage
Complimentary coffee and tea will be
served during official breaks in the
exhibition/poster area in the Palais
des Congrès de la Palmeraie
A complimentary buffet lunch will also
be served to delegates each day.

Languages
The official congress language will
be English but a limited number of
sessions will be in French. Details will
be included in the final programme.

Entering Morocco
While many European nationals do
not require a visa to enter Morocco
some do. Information about
requirements can be found on
http://www.tourisme.gov.ma and
on the congress website

EYAS Ltd can help with
documentation that maybe
required and can be contacted on
eabct2013@eyas.co.uk

Marrakech Airport
Marrakech-Menara International
Airport (http://marrakech.airport-
authority.com) is situated 6 km
(4 miles) southwest of Marrakech
and is approximately a 20 minute taxi
journey from the Congress venue.
There are regular direct flights from
both national and budget airlines
including:
Air France | Atlas Blue | Binter
Canarias | British Airways | Brussels
Airline | EasyJet | Iberia | Jetairfly
| KLM | Luxair | Royal Air Maroc
| Ryanair | Swiss | TAP Portugal
| Thompson | Transavia | Vueling
Airlines
Many more carriers fly into
Casablanca where there are good
connecting flights to Marrakech
See www.eabct2013.com for
further information.

For information on Marrakech
Visit the “Marrakech Guide” on the
EABCT Congress website.
Marrakech

In the heart of exotic Morocco is Marrakech. Framed by the snowy heights of the Atlas Mountains, with rose-colored ramparts and a thousand year old palm grove, the city casts a magical spell.

Sumptuous and exuberant, it radiates splendour and mysticism, at the dye merchants in the explosion of multicoloured wools, at Festival time in the rhythm of the music and the emotion of the dancers, in the idle talk of the merchants and in the skill of the jugglers.

Enchantments, you feel it in the shades of the blue gardens and in the overwhelming perfection of the Koutoubia, one of the biggest and most beautiful mosques in the world.

Marrakech, the capital of southern Morocco, is an ideal place for our congress. It is the cultural heart of the country, a city full of passion and energy. The most popular tourist destination in Morocco, it remains a most intriguing city, a place of magnificent architecture, vast palm oases and magical souks.

Social Programme

Congresses organised by EABCT are not only well known for the quality of the scientific programme but also for the opportunity provided by the social programme for delegates to meet, socialise and enjoy themselves. The European Congress programme in Marrakech is designed to ensure that there will be plenty of opportunity to socialise in a relaxed and informal setting. Whether this is wining and dining together, dancing and partying into the early hours or just in a relaxed conversation at the end of a busy day we know that Marrakech will help forge new friendships and contacts between delegates from all corners of the globe.

Marrakech is famous for its culture, its food and its energy so there is plenty to explore and experience in the city during, before and after the congress. However, we do hope that you will take advantage of the social programme we have put together for the congress.

This official social programme will include:

Wednesday 25th September
Opening Event and Reception

Join the organisers for a welcoming drink and canapés to celebrate the start of the Congress outside in the gardens of the Palmeraie Golf Palace, enjoy the poolside ambience and entertainment.

There is no charge for this event.

Thursday 26th September
International Party

The Congress Party is open to all and will take place at the Congress Venue. There will be no charge for this event but delegates will need to buy their own food and drink.

Friday 27th September
The Grand Finale at the spectacular Palm Groves

For a ‘once in a life-time’ experience join us in the heart of the Palm Groves. An evening in the Palm Groves is an evening not to be missed! Experience a truly unique, magical and memorable Moroccan night; enjoy a traditional dinner under Moroccan style Bedouin tents and dance the night away under the starry Moroccan skies.

The cost for this exclusive evening is €95. Please book early to avoid disappointment.
Hotels and Accommodation

We have secured excellent hotel rates at the Palmeraie Golf Palace Hotel and the Hotel du Golf both located within easy access to the conference venue in the Palmeraie Golf Resort. We also have 2 and 3 bedrooms apartments available in the Palmeraie Village which is also located in the resort and is served by a complimentary shuttle to the congress centre.

Palmeraie Golf Resort is a paradise of light and magic perfumes, where bougainvilleas, jacarandas, roses and hibiscus are at your bedroom door. It is situated outside of the city centre in an oasis of peace and freshness. Sport and leisure, golf, bowling, tennis, squash, horse riding, fitness centre (hammam, sauna, Jacuzzi, massage) and 5 swimming pools are there for your enjoyment. All rooms have balconies, mini bar, hairdryer, air conditioning, safe, television and radio. Free wifi is available in all rooms.

**Palmeraie Golf Palace**
A 5*Hotel with 325 rooms available at the congress rate of 1250 dirham’s per night (€113.50 at time of going to press)

**Holiday Inn Marrakech Hotel du Golf**
A 5*hotel with 315 rooms, connected directly to the Palais des Congrès de la Palmeraie; with rooms available at 1000 dirham’s per night (€91 at time of going to press)

**Palmeraie Village**
2/3 bed-roomed villa’s available at 1280 dirhams per night (€116 at time of going to press)

The rooms can be booked directly with Activ Travel by downloading a booking form from the eabct website: [www.eabct2013.com](http://www.eabct2013.com) and returning to Activ Travel. For any enquiries please email [eabct2013@eyas.co.uk](mailto:eabct2013@eyas.co.uk)

For further information on the Palmeraie Resort: [www.palmeraiemarrakech.com/indexuk.htm](http://www.palmeraiemarrakech.com/indexuk.htm)

Our partners in Morocco can assist with evening tours, ½ day tours and full day tours. They are available to help with pre and post congress tours if you wish. There are many sights to see and numerous activities available in Marrakech. Activ Travel will be on site and available to assist and advise with any activities you desire. It is preferable to pre book any activities and this can be done by emailing [ail@activ-travel.net](mailto:ail@activ-travel.net) [info@activ-travel.net](mailto:info@activ-travel.net)
tel: 212 522 27 04 04
fax: 212 522 27 42 42