



transdiagnostic
mental health network

THE 3RD INTERNATIONAL CONFERENCE ON TRANSDIAGNOSTIC APPROACHES TO MENTAL HEALTH



THURSDAY & FRIDAY, SEPTEMBER 07-08



**MRC Cognition
and Brain
Sciences Unit**

MRC Cognition & Brain Sciences Unit
15 Chaucer Road
CAMBRIDGE
CB2 7EF



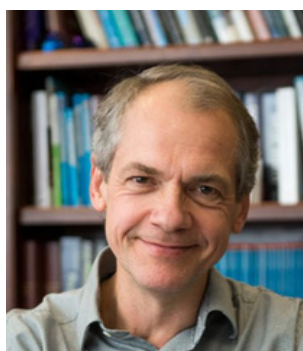
KEYNOTE SPEAKERS



ROZ SHAFRAN

Professor of Translational Psychology, UCL, London, UK

Prof Shafran is a pioneer in cognitive behavioural therapies and applying them across the age range and across diagnoses through targeting processes such as perfectionism, thought-action fusion and intolerance of uncertainty.



STEFAN HOFMANN

Professor of Psychology and Director of the Psychotherapy and Emotion Research Laboratory, Philipps University Marburg, Germany

Professor Hoffman is an international leader in the science and practice of cognitive behavioural therapies, pioneering transdiagnostic, process-focused interventions and research on the neural mechanisms of emotion regulation.



DUNCAN ASTLE

Professor of Neuroinformatics, Dept. of Psychiatry., University of Cambridge, UK

Prof Astle is a world leader in the transdiagnostic approach to neurodevelopment disorders. He researches the brain networks involved in core mechanisms of psychological functioning, and develops and evaluates interventions to improve emotion regulation, attention and memory.



PROF SHANNON SAUER-ZAVALA

Associate Professor of Clinical Psychology, University of Kentucky, USA

Dr Sauer-Zavala is an international leader in the dissemination and evaluation of the transdiagnostic mental health interventions across the spectrum of severity, studying basic mechanisms such as emotion regulation, and applying digital health technologies



THURSDAY 07 SEPTEMBER

10.00 Coffee

10.30 Welcome Remarks

10.45 Session 1: Transdiagnostic Therapies

Johanna Boettcher

Psychologische Hochschule, Berlin, Germany

Common language online modules – a transdiagnostic blended approach for cognitive-behavioural, systemic, and psychodynamic therapy

Dr Kerry Middleton & Dr Anne Cooke

Canterbury Christchurch University/ University Hospitals Dorset NHS Foundation Trust

The 'talking with voices' approach. Perspectives from voice hearers and their voices.

Jorge Osma

Universidad de Zaragoza, Spain

Is the Unified Protocol for transdiagnostic treatment of emotional disorders equally effective for men and women?

12.00 Keynote Address

Roz Shafran

UCL, London, UK

Breaking boundaries: transforming mental health through transdiagnostic and modular treatment innovations

13.00 Lunch & Posters

Abigail Thomson

Centre for Psychiatry and Mental Health, Wolfson Institute of Population Health, Queen Mary University of London, UK

Self-directed digital interventions for the improvement of emotion regulation, psychopathology and related behaviours in adolescents

Adriana Garcia-Ramos

Universidad Complutense de Madrid, Spain

Feelings of emptiness as a transdiagnostic contributor of suicidal ideation in at-risk adolescents: A prospective study

Andrea Kircher

RPTU Kaiserslautern-Landau, Germany

Assessing self-efficacy in emotion regulation as an important transdiagnostic predictor of mental health in adolescents and young adults



THURSDAY 07 SEPTEMBER

14.15 Session 2: Transdiagnostic Markers

Nina Reinholt

Research Unit for Psychotherapy and Psychopathology, Mental Health Service West, Copenhagen University Hospital, Psychiatry Region Zealand, Denmark

Emotion regulation as a mechanism of change across group cognitive-behavioural therapy for adults with emotional disorders

Eva de Hullu

Open Universiteit, The Netherlands

Why can't I just do the laundry? Explaining neurodiverse experiences from a perceptual control theory perspective

Susanne Schweizer

University of New South Wales, Australia & University of Cambridge, UK

Uncertainty a missing driver of youth mental health problems?

15.30 Tea/Coffee

16.00 Keynote Address

Stefan Hofmann

Philipps University Marburg, Germany

Process-based therapy: moving beyond diagnoses and syndromal treatments.

17.15 Drinks Reception

18.45 Walk to Clare College from the CBU

19.30 Conference Dinner

Clare College, Cambridge



FRIDAY 08 SEPTEMBER

09.15 Coffee

09.45 Session 3: Transdiagnostic Predictors

Nora Trompeter

UCL, London, UK

The association between adverse childhood experiences (ACEs), bullying victimization, and internalizing and externalizing problems among early adolescents: Examining cumulative and interactive associations

Pilar de la Higuera-González

Foundation for the Biomedic Investigation HCSC, Health Investigation Institute Hospital Clínico San Carlos, Spain

Social cognition and experienced parental bonds in people with borderline personality disorder, eating disorders and psychotic disorders

Jai Carmichael

Monash-Epworth Rehabilitation Research Centre, Epworth HealthCare; Turner Institute for Brain and Mental Health, School of Psychological Sciences, Monash University, Melbourne, Australia

Elucidating a transdiagnostic, dimensional-hierarchical structure of mental health in individuals with traumatic brain injury

11.00 Keynote Address

Duncan Astle

Department of Psychiatry, University of Cambridge, UK

A transdiagnostic approach to neurodevelopment

12.00 Flash Talks

Susan McCormack

The International Association of Perceptual Control Theory

Talking quad drop-in service offers Method of Levels (MOL) a transdiagnostic approach –for veterans in construction

It's not eclectic – it's 'transdiagnostic' – Method of Levels (MOL) underpinned by Perceptual Control Theory (PCT) across symptoms and diagnosis in varying context

Tom (Chin-Han) Wu

Division of Psychology and Language Sciences, UCL, UK

Building resilience through socioemotional training, a feasibility evaluation

Maria Loades

University of Bath, UK

Treating adolescent anxiety & depression



FRIDAY 08 SEPTEMBER

Andrea Kircher

RPTU Kaiserslautern-Landau, Germany

An intervention to reduce the too long waiting list for psychotherapy: feasibility and efficacy of a short transdiagnostic group intervention for adolescents

Pilar de la Higuera-González

Foundation for the Biomedic Investigation HCSC, Health Investigation Institute Hospital Clínico San Carlos, Spain

Type of Mentalisation Profile among Psychiatric Disorders

Hannah Grassie

University of Miami, USA

The utility and applicability of the Top Problems Assessment as a transdiagnostic clinical and research tool

13.00 Lunch

14.15 Session 4: Implications of Transdiagnostic Research in the Clinical Field

Gert Jan de Vries

Open Universiteit, The Netherlands

Levelling up mental health care. How a paradigm shift will influence the cost of Dutch Mental Health Care

Eva de Hullu

Open Universiteit, The Netherlands

Method of Levels Therapy: Designing an accreditation process from first principles

Lauren Milgram

University of Miami, USA

Characterizing community mental health clinicians' use of a transdiagnostic and modular treatment for youth emotional disorders

15.15 Tea/Coffee

15.45 Keynote Address

Shannon Sauer-Zavala

University of Kentucky, USA

Targeting higher-order dimensions of personality: A potent, parsimonious, and personalizable approach to mental healthcare

17.00 Closing Remarks & Drinks Reception



CONFERENCE ORGANISERS



Tim Dalgleish

Clinical Psychologist & Programme Leader

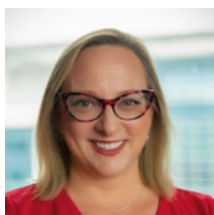
MRC Cognition & Brain Sciences Unit, University of Cambridge, UK



Warren Mansell

Professor of Mental Health

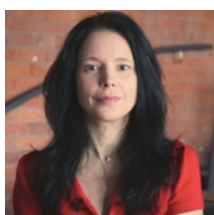
Curtin University, Perth, Australia



Jill Ehrenreich-May

Professor & Associate Chair of the the Department of Psychology

University of Miami, USA



Sara Tai

Professor of Clinical Psychology

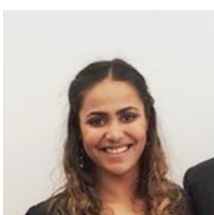
University of Manchester, UK



David Preece

Post-doctoral Research Associate

Curtin University, Perth, Australia



Siobhan Gormley

Post-doctoral Research Associate

MRC Cognition & Brain Sciences Unit, University of Cambridge, UK