

# 9th World Congress of Behavioural & Cognitive Therapies

**The CityCube, Berlin, Germany**

17th-20th July 2019



COGNITIVE AND  
BEHAVIOURAL THERAPIES  
AT THE **CROSSROADS**





# The World Congresses of Behavioural & Cognitive Therapies

Copenhagen, Denmark, 1995 | Acapulco, Mexico, 1998 | Vancouver, Canada, 2001  
Kobe, Japan, 2004 | Barcelona, Spain, 2007 | Boston, USA, 2010 | Lima, Peru, 2013  
Melbourne, Australia 2016 | **Berlin, Germany 2019** | Jeju Island, South Korea 2022

## The World Congress Committee is represented by

Association for Behavioral and Cognitive Therapies (ABCT)  
*representing Individual Members in North America*

Australian Association of Cognitive and Behaviour Therapy (AACBT)  
*representing Individual Members and State Branches in Australia*

Latinamerican Association of Analysis, Behavioral Modification and Cognitive and Behavioral Therapies (ALAMOC)  
*representing 15 National Associations in South and Central America*

European Association for Behavioral and Cognitive Therapies (EABCT)  
*representing 52 National Associations in Europe*

Asian Cognitive Behaviour Therapy Association (ACBTA)  
*representing 8 National Associations in Asia*

International Association for Cognitive Psychotherapy (IACP)  
*representing Individual and Organisational Members across the world*





The European Association for Behavioural and Cognitive Therapies (EABCT) has the pleasure of hosting the 9th World Congress of Behavioural and Cognitive Therapies from 17th-20th July 2019. EABCT chose Berlin, the exciting capital city of Germany as the venue for the Congress. Berlin is a destination at the Crossroads of Europe and will guarantee that delegates from across the world will be able to experience a Congress they will remember for many years to come.

This preliminary programme 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 Berlin. Regular updates on the congress scientific programme, the pre-congress and in-congress workshops, the social programme and further information on the city of Berlin is available on the congress website **[www.wcbct2019.org](http://www.wcbct2019.org)**

## An invitation to WCBCT 2019



Five years of planning in collaboration with the Deutsche Gesellschaft für Verhaltenstherapie, and the other German, European and worldwide CBT associations for cognitive and behaviour therapies, will ensure that this is a congress that brings together delegates from across the CBT world. It will be as successful as our meeting in Barcelona in 2007 and we aim to make it even better. The chairs of our scientific committee are putting together a programme that explores the progress we have made and the new areas and challenges we face. Add to this a city as exciting as Berlin and a social programme that will ensure relaxation and fun and this is a meeting you cannot miss.

**Andreas Veith** and **Rod Holland**, WCBCT 2019, Congress Organisers



As the Chair of the World Congress Committee, I was delighted when EABCT was chosen to host the 9th World Congress of Behavioural and Cognitive Therapies in Berlin, an exciting and beautiful city that everyone wants to visit. Since we were last in Europe in 2007 in Barcelona at the very successful and largest Congress to date, the WCBCT Congress has travelled to Boston in the USA, Lima in Peru and in 2016 my own association had the pleasure and honour of welcoming the CBT World to Melbourne, Australia. We know that the organisers of the Berlin meeting will carry on the tradition and make our triennial World meeting a great success and we look forward to meeting once again in 2019. The Berlin WCBCT promises to be an extremely successful and memorable conference that we hope you will come and enjoy with us.

**Sarah Egan**, Chair CBT World Congress Committee



It's an honour for EABCT to be hosting the 9th World Congress of CBT in Berlin. This is the third opportunity for us to welcome delegates to a World Congress in Europe. The last time we had the pleasure was twelve years ago in Barcelona at the 2007 Congress that many of you will still remember. 2019 will be another opportunity to gather together the most influential researchers and therapists in CBT as well as provide an excellent forum for new researchers and new ideas. Moreover, it will be the perfect place at the crossroads of Europe and the world to meet old friends and make new friends, surrounded by the atmosphere of a cosmopolitan and exciting city. EABCT looks forward to welcoming you all.

**Thomas Kalpakoglou**, President, EABCT



# Organising Committees

## WCBCT2019 Organising Committee

**Andreas Veith** | Congress Organiser  
**Rod Holland** | Congress Organiser

**Thomas Kalpakoglou** | President EABCT  
**Kristoffer N T Månsson** | Honorary Treasurer EABCT  
**Dinie Naezer-Heerschop** | Association Manager EABCT

### German Speaking Support Group

Rainer Knappe (AVM-D), Stefanie Schmidt (AVM-CH), Jan Richter (DGPs), Ania Conradi (DGPs), Kurt Hahlweg (DGPs), Jürgen Tripp (DVT), Waltraud Deubert (DGV), Rudi Merod (DGV), Monika Basqué (DGV), Ingeborg Pucher-Matzner (ÖGV) and Valentina Anderegg (SGV).

### Professional Congress Organiser

MCI Deutschland GmbH  
MCI | Germany – Berlin  
Markgrafenstrasse 56, 10117 Berlin, Germany  
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### Project Management

Vanessa Bernhardt  
WCBCT@mci-group.com

### Exhibition and Sponsoring

Martha Whiteman  
wcbct-sponsoring@mci-group.com



## Scientific Committee

**Thomas Heidenreich**  
Chair Scientific Committee  
**Philip Tata**  
Chair Scientific Committee

**Anke Heier** | Administrator



Arnoud Arntz, the Netherlands  
Carolyn Becker, USA  
James Bennett-Levy, Australia  
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Younghee Choi, South Korea  
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John Taylor, UK  
Ed Watkins, UK  
Susan White, USA  
Sabine Wilhelm, USA

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Michael Witthoeft, Germany  
Marcella Woud, Germany

### German Language Programme

Eva-Lotta Brakemaier, Marburg  
Thomas Fydrich, Berlin  
Jürgen Hoyer, Dresden  
Alexandra Martin, Wuppertal  
Johannes Michalak, Witten-Herdecke  
Babette Renneberg, Berlin  
Ulrich Stangier, Frankfurt  
Ulrike Willutzki, Witten-Herdecke

# Support Groups

## International Support Group (Scientific)

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## EABCT Support Group (Organisational)

Austria, OEGVT  
Austria, AVM  
Belgium, AEMTC  
Belgium, VVGT  
Bosnia&Herzegovina, BHACBT  
Bulgaria, BACBP  
Croatia, CABCT  
Czech Republic, CSCBT  
Danmark, SAKT  
Egypt, EACBT  
Estonia, EACBT  
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Finland, SKY  
France, AFTCC  
Georgia, GABCT  
Germany, DVT  
Greece, GACBP  
Greece, GBA  
Greece, HSCP  
Hungary, HABCT  
Ireland, IABCP  
Iceland, IACBT  
Israel, ITA  
Italy, AIAMC  
Italy, SITCC  
Kosovo, KACBTH  
Latvia, LACBT  
Lebanon, LSCBT  
Luthuania, CBTA  
Montenegro, MNACBT  
Morocco, MBCT  
Netherlands, VGCT  
Norway, NFKT  
Palestine, PABCT  
Portugal, APTC

**Ingeborg Pucher-Matzner**  
**Horst Mitmansgruber**  
**André Masson**  
**Jan Callens**  
**Diana Ridjic**  
**Irina Lazarova**  
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**Anna Meneghelli**  
**Michele Procacci**  
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**Gints Polis**  
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**Jelena Cuckovic**  
**Nadia Kadri**  
**Lena ter Haar**  
**Torkil Berge**  
**Mohammed K. Mukhaimar**  
**Serafim Carvalho**

Romania, RABCT  
Romania, RACBT  
Russia ACBT (R)  
Serbia&Montenero, ACBT  
Serbia SRABCT  
Slovenia, SABCT  
Spain, SCRITC  
Sweden, SACBT  
Sweden, SABT  
Switzerland, SGVT-SSTCC  
Switzerland, ASPCo  
Switzerland, AVM-CH  
Turkey, TACBT  
Turkey, ACBPT  
Ukraine, UACBT  
United Kingdom, BABCP

**Mirela Tirlie**  
**Aurora Szentagotai**  
**Daria Maryasova**  
**Nikola Petrovic**  
**Olivera Zikic**  
**Polonca as**  
**Eva Baillies**  
**Tadeusz Jarawka**  
**Björn Paxling**  
**Valentina Anderegg**  
**Christine Favre**  
**Stefanie Schmidt**  
**Yusuf Sivrioglu**  
**Selcuk Aslan**  
**Valentyna Parobiy**  
**Katy Grazebrook**



# Scientific Programme



The Congress theme **“Cognitive and Behavioural Therapies at the Crossroads”** addresses the reality that CBT is currently evolving at a rapid pace and in many directions, such that we may well be at the crossroads in terms of maintaining a unified field of theory and practice.

## COGNITIVE AND BEHAVIOURAL THERAPIES AT THE CROSSROADS

The Scientific Committee especially encourages submissions that target the World Congress theme. In particular, contributions regarding a) conceptualisations of the theory and practice of contemporary CBT b) inter-disciplinary models of disorders and their treatment c) the role of CBT in different health systems and d) the international context and collaboration in CBT interventions and research will be welcomed.

Visit **[www.wcbct2019.org](http://www.wcbct2019.org)** for further details of the outline programme, guidelines on submitting material and register your email address to be informed of developments and deadlines of the Scientific Programme.

## Call for Papers



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

- Symposia
- Panel Discussions
- Clinical Roundtables
- Open Papers
- Posters
- Half-day Workshops
- Skills Classes
- Technical Demonstrations

If you have questions or need advice about submitting etc. please contact your local CBT organisation's representative on the International Scientific Support Group (see website for their names).

## Important Dates

All contributors of successful submissions (including Posters) received before 6th January 2019 will be notified in time for them to register at the 'early-bird' rate. Poster submissions received after 6th January 2019 will be notified after the closure of the 'early-bird' rate.

- Full Call for Papers Opens
- Main Call for Papers Closes
- Notification of Acceptance
- Call for Posters - Final Deadline
- Notification of Poster Acceptance
- Final Programme available Online
- Pre-Congress Workshops
- Congress Opens - 09.00
- Closing Ceremony - 17.15 - 17.45

**1st June 2018**

**6th January 2019**

**Late February 2019**

**17th February 2019**

**End March 2019**

**June 2019**

**Wednesday 17th July 2019**

**Thursday 18th July 2019**

**Saturday 20th July 2019**



# Timetable

## Wednesday 17th July 2019

### Full Day Pre-congress Workshops

09.00 - 13.00	Workshop Part I
13.00 - 14.00	Lunch
14.00 - 17.00	Workshop Part II
17.15 - 18.30	Opening Ceremony
18.30 - 20.00	Opening Reception

### Half Day Pre-Congress Workshops

09.00 - 13.00	Morning Workshop
14.00 - 17.00	Afternoon Workshop

## Thursday 18th July 2019

08.30 - 10.00	Symposium
10.30 - 12.00	Symposium
12.00 - 13.00	Invited Address
13.00 - 14.00	Lunch
14.00 - 15.00	Symposium
15.30 - 17.00	Symposium
17.00 - 18.00	Invited Address
20.00 - late	Congress Party

### In Congress Workshops

09.00 - 13.00	Workshop
14.00 - 17.00	Workshop

### Posters

09.00 - 11.30
12.00 - 14.30
15.00 - 17.30

## Friday 19th July 2019

08.30 - 10.00	Symposium
10.30 - 12.00	Symposium
12.00 - 13.00	Invited Address
13.00 - 14.00	Lunch
14.00 - 15.00	Symposium
15.30 - 17.00	Symposium
17.00 - 18.00	Invited Address

### In Congress Workshops

09.00 - 13.00	Workshop
14.00 - 17.00	Workshop

### Posters

09.00 - 11.30
12.00 - 14.30
15.00 - 17.30

## Saturday 20th July 2019

08.30 - 10.00	Symposium
10.30 - 12.00	Symposium
12.00 - 13.00	Invited Address
13.00 - 14.00	Lunch
14.00 - 15.30	Symposium
16.00 - 17.00	Invited Address
17.15 - 17.45	Closing Ceremony

### In Congress Workshops

09.00 - 13.00	Workshop
14.00 - 17.00	Workshop

### Posters

09.00 - 11.30
12.00 - 14.30
15.00 - 17.30

Refreshments will be available between Symposia each morning and afternoon.

There will be an exhibition including books, publications, products, apps and other useful information throughout the Congress. For exhibition brochure requests please contact

[wcbct-sponsoring@mci-group.com](mailto:wcbct-sponsoring@mci-group.com)



# Invited Adresses

## English Language Programme



Alex Copello



Debra Hope

### **Addictive Disorders**

**Addictions: Cognition and Behaviour within a Social Context**

Alex Copello, University of Birmingham, UK

### **Adult Anxiety**

**Cognitive-Behavioral Approaches to Social Anxiety: Our Growing Edges**

Debra Hope, University of Nebraska-Lincoln, USA



Kate Harkness



Katharine Phillips

### **Adult Depression**

**Personalizing Cognitive and Behavioural Treatments for Depression: The Crossroads of Basic and Applied Research**

Kate Harkness, Queen's University, Canada

### **Adult Obsessive States**

**CBT for Body Dysmorphic Disorder: An Update on the State of the Art**

Katharine Phillips, Weill Cornell Medical College, USA



Christine Purdon



Paula Schnurr

**How Well Do We Really Understand Compulsions? Implications for Theory and Treatment of Obsessive-Compulsive Disorder**

Christine Purdon, University of Waterloo, Canada

### **Adult Trauma**

**The State of the Evidence on Psychotherapy for PTSD**

Paula Schnurr, National Centre for PTSD, USA



Michelle Craske



Emily Holmes

### **Basic Processes and Experimental Psychopathology**

**Neuroscience Driven Approaches to Cognitive and Behavioural Therapy for Anxiety and Depression**

Michelle Craske, University of California, USA



Merel Kindt



Rona Moss-Morris

**Mental Imagery and Mental Health: CBT and Reflecting on Psychological Treatment Research**

Emily Holmes, Karolinska Institutet, Sweden

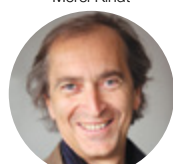
**Beyond CBT: The Primacy of Emotional Change**

Merel Kindt, University of Amsterdam, the Netherlands

### **Behavioural Medicine**

**Cognitive Behavioural Therapy for Irritable Bowel Syndrome: The 18-year Journey from Theory to Implementation**

Rona Moss-Morris, King's College, London, UK



Omer van den Bergh



Jennie Hudson

**Self-reported Symptoms and the Body: A New Perspective on their Relationship**

Omer van den Bergh, University of Leuven, Belgium

### **Child and Adolescent Mental Health**

**Improving CBT Interventions for Young people with Anxiety Disorders**

Jennie Hudson, Macquarie University, Australia



Carla Mazefsky



Carolyn Webster-Stratton

**Meeting the Needs of Clients with ASD and Neurodevelopmental Disorders: Mindfulness and Other Modifications to Enhance CBT Effectiveness**

Carla Mazefsky, University of Pittsburgh School of Medicine, USA

**40 Incredible Years Developing the IY Programs: Where we've been and where to go next?**

Carolyn Webster-Stratton, University of Washington, USA



Carmem Beatriz Neufeld



Younghee Choi

### **Cross Cultural and Global Issues**

**Distinctive Aspects in CBT in Brazil: How Cultural Aspects Impact Training and Clinical Practice**

Carmem Beatriz Neufeld, University of Sao Paulo, Brazil

**Integrating CBT, Schema Therapy and Mindfulness into a Trans-Diagnostic Self-Healing Programme: An Asian Perspective**

Younghee Choi, Inje University, South Korea



Nadia Kadri



Kelly Bemis Vitousek

**Transcultural Aspects of Cognitive and Behavioural Therapy: A Moroccan example**

Nadia Kadri, Institut Marocain de Thérapie Cognitive et Comportementale, Morocco



## **Eating Disorders**

**Pros and Cons of Transdiagnostic Thinking: Examples from the Eating Disorder Field**

Kelly Bemis Vitousek, University of Hawaii, USA

## **Intellectual and Developmental Disabilities**

**The Early Emergence of Mental Health Inequalities in Children with Intellectual Disabilities: Implications for Intervention and Family Support**

Richard Hastings, University of Warwick, UK

## **New Developments**

**Adapting CBT to Help Millions in Low and Middle Income Countries**

Richard Bryant, University of New South Wales, Australia

**Realising the Mass Public Benefit of Evidence-Based Psychological Therapies**

David Clark, University of Oxford, UK

**The Clinical Role of Wellbeing Therapy**

Giovanni Fava, University of Bologna, Italy

## **Older Adults**

**Taking Care of those who Care: Targets and Strategies in CBT for Distressed Dementia Family Caregivers**

Andres Losada, King Juan Carlos University, Spain

## **Psychosis and Bipolar Disorder**

**Delusions and Other Strong Beliefs**

Richard Bentall, University of Sheffield, UK

**Bipolar Disorder in Youth: An Early Intervention Approach**

David Miklowitz, University of California, USA

## **Sex, Marital and Family Relationships**

**Couple-based Interventions for Adult Psychopathology: Broadening the CBT Paradigm while Remaining True to its Roots**

Don Baucom, University of North Carolina, USA

**The State of the Art of Cognitive and Behavioural Therapy for Sexual Problems: New Developments from Basic Science and Clinical Implications**

Pedro Nobre, University of Porto, Portugal

## **Therapeutic and Applied Issues**

**Schema Therapy: Latest Research Findings and Clinical Applications**

Arnoud Arntz, University of Amsterdam, the Netherlands

**The Therapeutic Relationship in Cognitive Behaviour Therapy**

Judith Beck, Beck Institute for Cognitive Behavioural Therapy, USA

**Personal Practice: Why Therapists Should Walk the Talk**

James Bennett-Levy, University of Sydney, Australia

**Identifying Psychotherapy Processes and Mechanisms Using the Tools of Precision Medicine**

Rob DeRubeis, University of Pennsylvania, USA

**Evolution, Attachment and Compassion Focused Therapy**

Paul Gilbert, University of Derby, UK

**Developing Transdiagnostic CBT Treatments for Better Practice**

Allison Harvey, University of California, Berkeley, USA

**Process-based CBT**

Steve Hayes, University of Nevada, USA

**YOU are not supposed to feel that way: Making Room for Difficult Emotions**

Robert Leahy, American Institute for Cognitive Therapy, USA

**Action, Dialogue & Discovery: Reflections on Socratic Questioning 25 Years Later**

Christine Padesky, Center for Cognitive Therapy, USA



Richard Hastings



Richard Bryant



David Clark



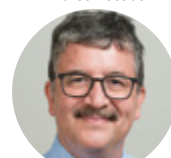
Giovanni Fava



Andres Losada



Richard Bentall



David Miklowitz



Don Baucom



Pedro Nobre



Arnoud Arntz



Judith Beck



James Bennett-Levy



Rob DeRubeis



Paul Gilbert



Allison Harvey



Steve Hayes



Robert Leahy



Christine Padesky

# Pre-Congress Workshops

## English Language Programme

### Full Day Workshops

#### **Adult Anxiety**

Cognitive Therapy for Social Anxiety Disorder in Adults and Adolescents | David Clark, The University of Oxford, UK  
Cognitive Behaviour Therapy for Health Anxiety and Beyond  
Paul Salkovskis, University of Oxford, UK

#### **Adult Depression**

Reimagining Cognitive Behavior Therapy for Major Depression  
Keith Dobson, University of Calgary, Canada

#### **Adult Obsessive States**

Treating Mental Contamination in Obsessive Compulsive Disorders | Adam Radomsky, Concordia University, Canada

#### **Adult Trauma**

Variable Length Cognitive Processing Therapy for Post Traumatic Stress Disorder  
Patricia A Resick, Duke University Medical Center, USA

#### **Child and Adolescent Mental Health**

Cognitive Behavior Therapy for Children and Adolescents with Anxiety Disorders  
Jennie Hudson, Macquarie University, Australia  
Transforming the Lives of Children, Parents and Communities Through Evidence-based Parenting Support  
Matthew Sanders, The University of Queensland, Brisbane, Australia

#### **Eating Disorders**

Adapting Cognitive Behavior Therapy to the Distinctive Features of Eating Disorders  
Kelly Bemis Vitousek, Hawaii University, USA

#### **Personality Disorders**

Cognitive Behavior Therapy for Personality Disorder  
Judith Beck, Beck Institute for Cognitive Behavioural Therapy, USA  
Schema Therapy for Personality Disorders  
Eva Fassbinder, University of Lübeck, Germany

#### **Psychosis and Bipolar Disorder**

Working with Complexity in Psychosis  
Sandra Bucci, The University of Manchester, UK  
Psychological Therapy for Bipolar Disorder -  
Fiona Lobban and Steve Jones, Lancaster University, UK

#### **Therapeutic and Applied Issues**

How to be an Inspiring Trainer  
Melanie Fennell, University of Oxford, UK  
Emotional Schema Therapy  
Bob Leahy, American Institute for Cognitive Therapy, USA  
Compassion Focused Therapy for Self-criticism  
Paul Gilbert, University of Derby, UK  
Process-based Cognitive Behavior Therapy  
Steve Hayes, University of Nevada, USA & Stefan Hofmann, Boston University, USA  
In the Face of Adversity Build Resilience with Strengths-Based CBT  
Christine Padesky & Kathleen Mooney, Center for Cognitive Therapy, USA  
Using Case Formulation and Progress Monitoring to Guide Cognitive Behavior Therapy  
Jacqueline Persons, Oakland Cognitive Behavioural Therapy Centre, USA

### Half Day Workshops

#### **Addictive Disorders**

Brief Integrated Motivational Intervention for Alcohol and Cannabis use  
Alex Copello, Birmingham University, UK

#### **Adult Anxiety**

Inhibitory Learning and Regulation during Exposure Therapy  
Michelle Craske, University of California, LA, USA

#### **Adult Obsessive States**

Cognitive Behaviour Therapy for Body Dysmorphic Disorder  
David Veale, Kings College, London, UK

#### **Behavioural Medicine**

Cognitive Behavior Therapy for People with Irritable Bowel Syndrome  
Rona Moss-Morris, Kings College, London, UK  
Optimizing Treatment for Somatic Symptoms in Psychopathology  
Omer van den Bergh, University of Leuven, Belgium and  
Michael Witthöft, University of Mainz, Germany

#### **Cross Cultural Issues**

Cognitive Behaviour Therapy for Refugees  
Ulrich Stangier, Schahryar Kananian and Marwan Yehya, Goethe University Frankfurt, Germany

#### **Sex, Marital and Family Relationships**

Integrating Couple-based Approaches in Behaviour Therapy for Children  
Nina Heinrichs, Braunschweig University of Technology, Germany  
A Cognitive Behavioural Systems Approach to Sexual and Couple Problems  
Mehmet Sungur, Marmara University Hospital, Istanbul, Turkey

A full description of these workshops can be found on the Congress website [wcbct2019.org](http://wcbct2019.org)





# German Language Programme

## Invited Addresses



Beate Ditzen



Anke Ehlers



Thomas Ehring



Stefan Hofmann



Philipp Kanske



Silvia Schneider

**Partnerschaft und Gesundheit: Psychobiologische Vermittler und Implikationen für die Therapie**  
Beate Ditzen, Universitätsklinikum Heidelberg, Germany

**Posttraumatische Belastungsstörungen effektiv und effizient behandeln**  
Anke Ehlers, Oxford University, UK

**Transdiagnostische Ansätze zur Behandlung psychischer Störungen: Chancen und Herausforderungen**  
Thomas Ehring, LMU München, Germany

**Moderne KVT**  
Stefan Hofmann, Boston University, USA

**Achtsamkeit, Mitgefühl & Co: Psychopathologie und Training des sozialen Gehirns**  
Philipp Kanske, Universität Dresden, Germany

**Verhaltenstherapie mit Kindern und Jugendlichen im Jahr 2019: Inspiration und Innovation**  
Silvia Schneider, Universität Bochum, Germany

## Half Day Pre-Congress Workshops

**CBASP: Wo KVT, Psychoanalyse, und interpersonelle Ansätze sich kreuzen**  
Eva-Lotta Brakemeier und Isabel Schamong, Universität Marburg, Germany

**Mitgefühl in der Paartherapie**  
Beate Ditzen & Corina Aguilar-Raab, Universitätsklinikum Heidelberg, Germany

**Offen und Engagiert: der Beitrag von ACT**  
Andrew Gloster, Universität Basel, Switzerland

**Ein Gruppentraining für Mütter mit Borderline Störung**  
Babette Renneberg & Charlotte Rosenbach, Freie Universität Berlin, Germany

**Behandlung von Trennungsängsten und Phobien im Kindesalter**  
Silvia Schneider, Universität Bochum, Germany

**Therapie der PTBS: Cognitive Restructuring und Imagery Modification**  
Regina Steil & Meike Müller-Engelmann, Universität Frankfurt, Germany

A full description of these workshops can be found on the Congress website [wcbct2019.org](http://wcbct2019.org)



# Registration Information



The registration starts on 18th June 2018 and you can register online via the online registration portal which will be provided on the congress website **www.wcbct2019.org**

## The Congress Registration

Registration Fee	Until 28th February 2019	Until 11th July 2019	Onsite From 12th July 2019
Member*	485€	560€	635€
Emerging Countries**	295€	360€	435€
Student***	295€	360€	435€
Non-member	585€	665€	750€
Accompanying Person	95€	120€	150€

\* Members are paid up members of one of the member associations of EABCT (Europe), ABCT (North America), ALAMOC (South America), AACBT (Australia), ACBTA (Asia) and IACP.

\*\* Countries designated as Emerging Countries are detailed on the registration page of the website and the online registration portal.

\*\*\* Proof of Status (photocopy of International Student Card - ISIC) must be uploaded during the online registration or sent separately.

## The Registration Fee for Delegates Covers:

- Admission to Scientific Sessions from 18th – 20th July 2019 except for the Congress Workshops
- Admission to Exhibition Area and Poster Area
- Congress Documents
- Access to the Online Abstracts
- Refreshments each day
- Opening Ceremony and Welcome Reception on Wednesday 18th July 2019

## The Registration Fee for Accompanying Persons Covers:

- Admission to Exhibition Area and Poster Area
- Opening Ceremony and Welcome Reception on Wednesday 18th July 2019

A **special group rate** is available until 28th February 2019 for groups of a minimum of 8 people. There must be one invoice address and one payment made for the whole group. This rate only applies to the Congress and not the Pre-Congress workshops

## Pre-Congress Workshops Full Day

Registration Fee	Until 28th February 2019	Until 11th July 2019	Until 28th February 2019	Until 11th July 2019
Member*	135€	175€	75€	95€
Emerging Countries**	100€	135€	60€	80€
Student***	100€	135€	60€	80€
Non-member	185€	225€	100€	125€

## Half Day Workshop (am and/or pm)

*Delegates booking both a morning and afternoon workshop will be charged the registration fee for a full day workshop*

## The Pre-Congress Workshops Registration Fee Covers:

Entry to the Pre-Congress Workshop | Access to Workshop Documents | Refreshments

## Method of Payment

All fees are stated in EUR, incl. Tax. We recommend payment by credit card or debit order (German bank accounts). The following credit cards are accepted: Eurocard/MasterCard and Visa. The transmission of your data in the internet is securely encrypted.

## Confirmation

Upon receipt of full payment of the fees, a confirmation letter will be sent by e-mail

In case of cancellation of participation until 28/02/2019, registration fees will be refunded. A handling fee of € 30 per person will apply. The registration is nonrefundable after that date. More information about the cancellation policy can be found on the congress website.



# General Information



## **Congress Venue**

The Congress will be held at the recently opened Berlin CityCube, one of Europe's most modern and largest Congress Centres and will provide everything we need under one roof for a first-class scientific programme.

**CityCube Berlin**, Messedamm 26, 14055 Berlin, Germany | [www.messe-berlin.de](http://www.messe-berlin.de)

## **Congress Dates**

A programme of Pre-Congress Workshops (Full and half day) will be held on Wednesday 17th July 2019.

The Congress will start on Thursday, 18th July 2019 and will end on Saturday, 20th July 2019.

## **Registration Desks**

The registration desks will be located in the main foyer of the CityCube Berlin. The opening hours will be announced at a later stage.

## **Food and Beverage**

Refreshments will be available during official breaks in the exhibition/poster area.

## **Crèche/Kindergarten**

The possibility of a Crèche/Kindergarten during the congress times for a fee is being considered. If you are interested in a Crèche/Kindergarten, please indicate this via the registration portal. We will provide delegates who are interested with more information at a later stage.

## **Languages**

The official congress language will be English. Simultaneous translation will not be provided. Circa 15% of the programme will be in the German language only. Details will be included in the final programme.

## **Entering Germany**

### **Visa requirements:**

All delegates are responsible for establishing their own entry requirements to Germany. Those requiring a visa should allow adequate time for obtaining this. The congress organization will be pleased to send a formal letter of invitation to delegates requesting an invitation letter for visa purposes. The invitation letter will be sent as an e-mail attachment and is sent on the understanding that it is intended to help potential delegates to raise funds and/or to obtain a visa. The invitation letter carries no commitment from the congress organization to provide any financial support. Please contact the congress organization for processing an invitation letter ([registration.berlin@mci-group.com](mailto:registration.berlin@mci-group.com))

Please note: If you are registered for the congress and your visa application is rejected the congress organization will only refund the registration fee excluding a handling fee of 30€. It will not be possible to refund any additional services you have booked (e.g. social events). Under these circumstances, in order to obtain a refund a written application must be submitted to the congress organization and proof of the rejection of a visa application by the German authorities must be provided. All refund applications must be received by the congress organization no later than one week before the start of the Congress i.e. 17:00 (Central European Time) Tuesday 9th July 2019. All registrations are made on the understanding that delegates accept the above conditions.

# General Information

## Travel Information

### Arrival by plane

Berlin has two main airports – Berlin Tegel (TXL) in the north west of the city and Berlin Schönefeld (SXF) in the south east.

**Berlin Tegel Airport (TXL)** – International airport in centre of Berlin.

Transport to CityCube about 30 mins. From Tegel airport take the bus 109 in the direction of 'S+U Zoologischer Garten' and get off at the station 'S Charlottenburg'. From here take the S-Bahn 5 towards 'Spandau'. Leave the train at 'Messe Süd (Eichkamp)' station which is approximately one minute by foot away from CityCube.

**Flughafen Berlin Schönefeld (SXF)** – International airport for budget flights like RyanAir and EasyJet

Transport to CityCube about 60 – 75 mins. From Schoenefeld airport take the S-Bahn towards 'Spandau'. Leave the train at 'Messe Süd (Eichkamp)' station which is approximately one minute by foot away from CityCube.

Alternatively, you can take the train RB14 in the direction 'Nauen' and get off at the station 'S-Charlottenburg'. From here take the S-Bahn 5 towards 'Spandau'. Leave the train at 'Messe Süd (Eichkamp)' station which is approximately one minute by foot away from CityCube.

### Arrival by train

You can reach Berlin from every direction on the fast InterCityExpress, InterCity, EuroCity and InterRegio Trains. The new central station Berlin Hauptbahnhof is in the heart of Berlin. It was opened in 2006 and is well connected to the public transport system. To reach the Berlin Cube take the S-Bahn train towards 'Spandau'. Leave the train at 'Messe Süd (Eichkamp)' station which is approximately one minute by foot away from CityCube.

### Arrival by car

**GPS Co-ordinates:** 52.4992001°N / 13.27247°E

### Parking

The CityCube offers a parking space for 7.50€. Please note that there are no other parking facilities around the CityCube.

### Arrival by Public Transport

To reach the Berlin Cube take the S-Bahn train towards 'Spandau'. Leave the train at 'Messe Süd (Eichkamp)' station which is approximately one minute on foot away from CityCube.

## Hotels Accommodation

MCI has a cooperation with HRS and is offering a range of selected hotels in Berlin which are ideally located.

HRS offers special rates for the WCBCT 2019 delegates. You are kindly asked to make hotel reservations by using the link provided on the congress website. The selected hotels have only limited capacities. Therefore, it is recommended to make your hotel booking as early as possible. To view and book your accommodation options please visit the congress website.

## Be aware of possible scams!

It has been brought to our attention that registered participants and exhibitors are being contacted by Scam companies pretending to be involved in WCBCT 2019. Please do not provide them with your credit card details, personal information, confirmation e-mails or any details of your reservation. We have no agreement with these unauthorised companies and cannot vouch for the services they are offering

## Climate and time zone

Berlin is located in the Central European Time zone MEZ. Germany belongs to a temperate zone, which requires a wardrobe as flexible as possible. In summer, the temperature rises above 27°C/80°F, but deviations are quite common.

## Currency

The Euro "€" is the official currency in Germany. You can change money at banks, post offices and currency exchanges in airports or train stations. Common credit cards are American Express, MasterCard and Visa. Diners Club is rarely used, but is accepted by major hotels, petrol stations or large shops. Otherwise cash will be accepted.

## Electricity

The voltage in Germany is 220V. The electrical sockets may be different and you might need to take an adaptor plug with you to use your electronic devices. Adapters are widely available in electronics stores.

## Sales tax

In Germany the Value added tax (VAT) rate of 19% is already included in the prices. On certain products and services, such as books, staple foods (except soft drinks and spirits), newspapers, flowers and public transport tickets the reduced VAT rate of 7% is applied.

## Shopping hours

All shops in the large shopping streets are usually open from 10:00 to 20:00. Apart from a few exceptions (airports and railway stations), all shops are closed on Sundays. Banks are usually open between 10:00 and 16:00.





## 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, socialize and enjoy themselves. The World Congress programme in Berlin is designed to ensure that there will be plenty of opportunity to meet people from all over the world in a relaxed and informal atmosphere. We know that Berlin will help forge new friendships and contacts between delegates from all corners of the globe. The capital city of Germany offers a programme for national and international guests in every field: sightseeing, restaurants, nightlife. There is so much to discover in Berlin.

**The social programme will include:**

### **Opening Ceremony and Welcome Reception**

The Opening Ceremony will take place on the 17th July 2019 in the CityCube Berlin followed by the Get Together which will take place in the exhibition area. There is no charge for this event but registration is required.

### **Congress Party**

The Congress Party will take place on 18th July 2019 at "Zollpackhof", a very traditional beer garden in the heart of Berlin opposite the German Parliament. Music and dancing will make this an ideal opportunity to party with WCBCT delegates from across the world until the early hours of the morning. Costs for a ticket: 50€ including food and drinks. Book your tickets through the congress registration portal.

***Places are limited so make sure you book early.***





### **Become a Sponsor/Exhibitor**

The congress will be accompanied by a comprehensive industrial exhibition covering the latest developments and trends of behavioral and cognitive therapies.

Companies have the opportunity to select from a range of attractive sponsorship and exhibition options which can be optimised to meet your needs. To receive your copy of the latest Sponsorship and Exhibition Prospectus please contact MCI.

For queries or further information, please do not hesitate to contact MCI. We will be more than happy to assist you in finding the most appreciate way for your company to achieve the best visibility and desired benefits.

### **Contact**

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