

The 30th Anniversary Conference of the Estonian Association
for Cognitive and Behaviour Therapy

Tartu, Estonia, Dec 10-11, 2020

"CBT for somatic conditions and health anxiety"

PROGRAMME

Thursday, Dec 10

V-Spa Hotel Conference Centre

9.00-10.00 Registration

10.00-17.00 Workshop

Evidence-based CBT interventions for working with persistent pain and somatic conditions

Helen Macdonald (British Association for Behavioural and Cognitive Psychotherapies (BABCP), Senate Award Fellow University of Sheffield, Associate Fellow of the British Psychological Society)

Friday, Dec 11

V-Spa Hotel Conference Centre

CONFERENCE

09.00-10.00 Registration

10.00-10.15 Opening of the Conference

Welcome:

Presidential Address: *Kirsti Akkermann (President of Estonian Association for Cognitive and Behaviour Therapy)*

10.15-11.30 Keynote lecture

Bodily symptoms and psychopathology: A new perspective
Prof. Omer van den Bergh (University of Leuven, Belgium)

11.30-12.00 Coffee break

12.00-13.30 Invited lectures

12.00-12.45 Developments in evidence-based approaches for persistent pain: How are we doing, and what do we need to do better?

Helen Macdonald (BABCP, University of Sheffield, UK)

12.45 -13.15 Mental imagery in health anxiety.

Anu Aluoja (EACBT, University of Tartu, Estonia)

13.30-14.30 Lunch

14.30 -15.10 Paper session

14.30-14.50 When and how to assess anxiety sensitivity?

Silja Kuusik (University of Tartu, Estonia)

14.50 -15.10 Tackling intolerance of uncertainty in health anxiety

Kirsti Akkermann (EACBT, University of Tartu, Estonia)

15.15-16.45 Panel discussion

15.15-16.00 How to improve access to psychological therapies?

Katy Grazebrook (Head of Psychological Therapies Greenwich Directorate, Oxleas NHS Foundation Trust, BABCP, UK)

16.00 –16.45 Discussion

16.45 Closing of the Conference

17.00 -18.30 Closing Social Event

Registration to the pre-congress workshop and/or to the conference can be found on the following link:
<https://docs.google.com/forms/d/1XSyWYzpFamuCoDd0iwFvCLoyNQ11VAwdPPMJzbhdPtw/edit>

Contact: info@ekka.ee