

Call for papers

The Scientific Committee welcomes submissions within all areas of relevance to the congress. For more information on important dates and deadlines, including registration and abstract submission opening dates and procedures, please visit the website: www.eabct2020.org.

Registration and fees

A wide variety of registration fees will be offered to participants. We strongly advise attendants to book early since the 2020 EABCT congress committee has paid special attention to reduce prices for all early bird registrations. Also, congress workshops can host only a limited number of attendants, and therefore your participation will be dependent on early bookings.

The list of in-congress workshops will be made available on the web site in advance of the Congress so that delegates are able to pre-book.



The congress venue

The **Megaron Athens International Conference Centre (MAICC)** is one of the finest and most technologically advanced conference venues in Europe. Megaron offers a stunning environment, exceptional aesthetics, cutting edge technology and unrivalled client service. Situated in the heart of the city, yet surrounded by its own extensive landscaped gardens, it offers an oasis of green within the city to enjoy the late summer Athenian sun. Remember to bring your hat and sunblock!

Location: MAICC is on a direct metro line to the award winning Eleftherios Venizelos International Airport, making it extremely accessible for international delegates travelling from and to global destinations. It is also very close to major hotels, many of which are within walking distance. Additionally, major museums, shops and fine dining restaurants are all just few minutes away.

A unique venue in a unique city, offering a unique experience.

Website
www.eabct2020.org
#eabct2020


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CONGRESS SECRETARIAT
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50th European Association for Behavioural and Cognitive Therapies Congress



Adapting CBT to socially and culturally diverse environments

Megaron Athens International
Conference Centre, Greece
2-5 September 2020

Auspices
Dept. of Medicine, School of Health Sciences
Dept. of Psychology, School of Philosophy
of the National and Kapodistrian University of Athens

Organized by the **Greek Association for Behavioural Modification and Research**

CONGRESS SECRETARIAT


ΕΛΛΗΝΙΚΗ ΕΤΑΙΡΕΙΑ ΕΡΕΥΝΑΣ
ΤΗΣ ΣΥΜΠΕΡΙΦΟΡΑΣ
ΕΕΕΣ

The Greek Association for Behavioural Modification and Research (GBA) is one of the oldest psychotherapy associations in Greece (est. 1974). The Congress Committee has been working intensively to provide you with all the new developments and innovative ideas in the field of Cognitive-Behavioural Therapy, to be presented by eminent scientists of long standing, as well as younger colleagues who have distinguished themselves as researchers and clinicians.

We look forward to welcoming you in Athens.

TOP REASONS TO ATTEND

Celebrate EABCT

The 2020 congress is a tribute to the 50 years EABCT anniversary. Don't miss the chance to be part of this celebration!

Dive into history

Athens, with its 2,500-year history, is considered one of the oldest cities in the world, offering endless opportunities for a trip back in time. Enrich your congress experience by visiting world known historical sites, such as the Acropolis, the Ancient Agora, the unique exhibits of the Archaeological Museum and the list goes on.

Present your work, network and socialize

Gain recognition for your work, play an active part in the presentation and discussion of new scientific findings and provide new research ideas. Exciting social events will be a vital component of your congress experience, giving you the opportunity to form professional collaborations.

Gain knowledge and experience

The Congress will offer access to the latest cutting-edge science and research in CBT theory and application.

Prolong your summer

Athens has a typical Mediterranean climate and early September provides the perfect weather for city exploring and sightseeing with an average temperature of 29 degrees and 12 hours of daylight! Have you packed your bathing suit yet? Some of the most visited Cycladic islands are only a boat trip away.



Scientific Programme

The Congress features a rich and stimulating scientific programme aiming to present, interpret and discuss the latest scientific findings, explore the knowledge and current application of CBT in diverse clinical fields and provide in-depth experience and education with high quality workshops run by esteemed professionals. The official language of the Congress will be English.

The programme will cover –among others– the following areas:

- Anxiety Disorders
- OCD
- Mood Disorders
- Psychosis
- Personality Disorders
- Neurodevelopmental Disorders in Children and Adults
- Children, Adolescents and Family
- Sexual Orientation and Gender Identity
- Eating Disorders and Treatment of Obesity
- Addictions
- Marital and Sex Therapy
- Health Psychology Issues
- Trauma and Abuse
- Third-Wave CBT Therapies
- New Trends in CBT
- Dealing with Difficult Moments in Therapy
- Training and Supervision in CBT

KEYNOTE SPEAKERS

We are proud to announce the congress keynote speakers and the titles of their speeches.

- **Arnoud Arntz**, University of Amsterdam, The Netherlands
Cognitive behavioral treatments of personality disorders: An update
- **Thröstur Björgvinsson**, Harvard Medical School, USA
Innovative Treatment Advancements for OCD: The Bergen 4 Day Program
- **Frank Neuner**, Bielefeld University, Germany
The Power of the Narration: Understanding and Treating Complex Trauma in Victims of War and Abuse
- **Michaela Swales**, Bangor University, United Kingdom
Treating complexity and risk in personality disorder: Current perspectives and future directions in Dialectical Behaviour Therapy
- **Janet Treasure**, Institute of Psychiatry, King's College London, United Kingdom
From food to identity: The cognitive interpersonal model in eating disorders
- **Judith Beck**, University of Pennsylvania, USA
Cognitive Conceptualization
- **Anke Ehlers**, University of Oxford, United Kingdom
Haunted by Memories: Advances in the treatment of posttraumatic stress disorder
- **Renos K Papadopoulos**, University of Essex, United Kingdom
Conceptualizing and relieving human suffering in different contexts. Historical and epistemological reflections
- **Mehmet Sungur**, Marmara University Hospital, Turkey
Understanding Infidelity and its consequences: Is there any way to re-build trust
- **Sanne de Wit**, University of Amsterdam, The Netherlands
Targeting Habits in Therapeutic Interventions

PRE-CONGRESS WORKSHOPS

- **Arnoud Arntz**, Imagery Rescripting as a transdiagnostic treatment for problems related to adverse events
- **Anke Ehlers**, Cognitive Therapy for PTSD
- **Judith Beck**, CBT for Treatment-Resistant Depression
- **Mehmet Sungur**, Cognitive-behavioural-systems approach to couple problems
- **Antonio Pinto**, New frontiers in the treatment of psychosis: Psychotherapeutic, neurocognitive and metacognitive approach to a better social recovery in a mindful setting
- **Paul Salkovskis**, Eliminating OCD using integrated cognitive behavioural treatment
- **Fragiskos Gonidakis**, Dialectical Behavior Therapy for complex eating disorders