



**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



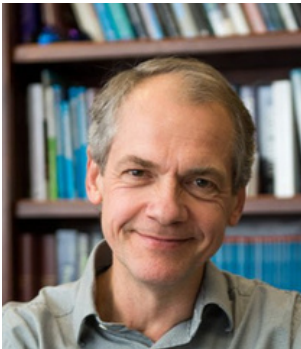
## KEYNOTE SPEAKERS



### **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, Boston University, USA*

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 Translational Cognitive Neuroscience, MRC Cognition and Brain Sciences Unit, 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

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**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**

*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

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### 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**

*Boston University, USA*

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

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### 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**

*MRC Cognition & Brain Sciences Unit, 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

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### **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

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### **Tim Dalgleish**

Clinical Psychologist & Programme Leader

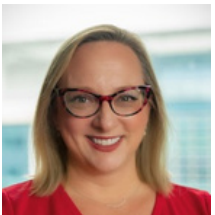
*MRC Cognition & Brain Sciences Unit, University of Cambridge, UK*



### **Warren Mansell**

Professor of Mental Health

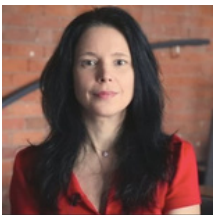
*Curtin University, Perth, Australia*



### **Jill Ehrenreich-May**

Professor & Associate Chair of the the Department of Psychology

*University of Miami, USA*



### **Sara Tai**

Professor of Clinical Psychology

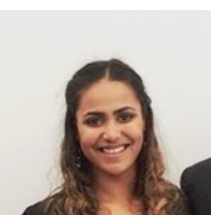
*University of Manchester, UK*



### **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*