


48th CONGRESS of the EUROPEAN ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE THERAPIES

SEPTEMBER 5-8, 2018, SOFIA, BULGARIA



On behalf of the Bulgarian Association for Cognitive-Behavioural Psychotherapy, we have the honor and pleasure to welcome you to the **48th Annual Congress of the European Association for Behavioural and Cognitive Therapies (EABCT 2018)** which will be held on **September 5 - 8, 2018** in Sofia - the capital of Bulgaria, one of the oldest states in Europe.

We hope the EABCT Congress in 2018 will turn into one of the most scientifically significant events in the history of psychotherapy in Bulgaria and we feel privileged to be its hosts.

Sofia is a charming city which takes pride in its three-thousand-year history and rich cultural heritage. In the very center of the city four temples - an orthodox one, a catholic one, a synagogue and a mosque - are located in close proximity, forming an original quadrangle of mutual respect between people of different religions. At present our capital is still an island of religious tolerance. Sofia will offer you a remarkable colorful blend of past and present, East and West, traditional and modern, which can be found in every single element of the dynamics of life and the city's landscape, which has also integrated the remains of the recent socialist past.


We believe the interesting scientific programme, the diversity of colors and the coziness of our city will make your stay in Sofia unforgettable.

We will be happy to welcome you to Sofia in 2018.

Most cordial regards,

Irina Lazarova,
EABCT 2018 Organising Committee Chair





As co-conveners of the Scientific Programme for the **EABCT**, 2018, we are delighted to welcome you to Sofia as guests of the Bulgarian Association for Cognitive-Behavioural Psychotherapy. We hope that you will find much to excite you in the programme, which has as its theme „Improving cognitive behavioral therapy and access to it across the lifespan“. We hope that you will find it helpful that the programme is arranged to allow streaming where possible, with the streams being General Adult Mental Health, Children and Young People, Psychosis, General Psychological Processes and Neuroscience and Behavioural Medicine and Health. We have tried to bring the best of applied science in CBT in all of these areas and that you will find the programme as exciting and stimulating as we do. In troubled times, we have also developed a cross-cutting theme in the conference regarding the importance of trauma-focused and trauma informed approaches. Although almost by definition the EABCT is an inclusive organisation, we have taken the view that its conference needs to reflect this properly, so we have not only tried to reflect inclusion and diversity in our invited speakers but also built this in to our submissions process.

We hope that these factors, together with the atmosphere of Sofia, and the opportunity to meet and share with colleagues, will make this a stimulating conference with enduring benefits for all participants

Pavlna Petkova and Paul Salkovskis

Joint Scientific Chairs



COMMITTEE

Irina Lazarova

Chair, Congress Organising Committee

Paul Salkovskis and Pavlina Petkova

Co-Chairs, Scientific Committee

SCIENTIFIC COMMITTEE

David Clark

Stefan Hofmann

Rod Holland

Helen Macdonald

Mehmed Sungur

Gerhard Andersson

Antonio Pinto

Thomas Kalpakoglou

Gregoris Simos

Thomas Heidenreich

Vanya Matanova

Irina Lazarova

Peter Vassilev

Christine Purdon

Adam Radomsky

Ivanka Zivcic

Jon Fridrik Sigurdsson

Paul Chadwick

Sofi Marom

Elena Poplavskaya

Cathy Creswell

Sarah Halligan

Ross Menzies

Peter Phiri

Belinda Graham

Kate Rimes

Tania Lincoln

Dora Perczel

INVITED KEYNOTE SPEAKERS

- **Anita Jansen** Maastricht University, NL
- **Arnoud Arntz** University of Amsterdam, NL
- **Cathy Creswell** University of Reading, UK
- **Tania Lincoln** Hamburg University, DE
- **David Clark** University of Oxford, UK
- **Gerhard Andersson** Linköping University, SE
- **Shanaya Rathod** Southern Health NHSF Trust, UK
- **Irina Lazarova** Outpatient Mental Health Clinic, Sofia, BG
- **Peter Vassilev** National Center for Addictions, Sofia, BG
- **Georgi Onchev** Medical University of Sofia, BG
- **Cecilia Essau** Roehampton University, UK
- **Judith Beck** University of Pennsylvania, USA
- **Keith Dobson** University of Calgary, CA
- **Kenneth Laidlaw** University of East Anglia, UK
- **Maria do Ceu Salvador** University of Coimbra, PT
- **Mehmet Sungur** Marmara University, TR
- **Paul Gilbert** University of Derby, UK
- **Paul Salkovskis** University of Bath, UK
- **Sarah Halligan** University of Bath, UK
- **Antonio Pinto** University of Bologna, IT
- **Stefan Hofmann** Boston University, USA
- **Regina Steil** University of Frankfurt, DE
- **Steven Hollon** Vanderbilt University, USA
- **Tammie Ronen** University of Tel Aviv, IL
- **Vanessa Cobham** University of Queensland, AU
- **Alp Karaosmanoglu** PsikoNET Psychotherapy and Training Center, TR
- **Richard Bentall** University of Liverpool, UK

MAKE SURE TO VISIT OUR WEBSITE FOR THE PROGRAMME UPDATES !

www.eabct2018.org

FROM APPLIED RESEARCH TO QUALITY TREATMENT: IMPROVING COGNITIVE BEHAVIOURAL THERAPY AND ACCESS TO IT ACROSS THE LIFESPAN

Amongst the innovations which we plan to introduce to the EABCT is an emphasis on Diversity and Inclusion, something the Scientific Committee will be strongly encouraging.

The overall scientific theme is „Improving cognitive behavioral therapy and access to it across the lifespan“. Within the programme, we are also seeking to set up subject streams so that those with particular interests can maximize their ability to attend sessions focusing on these. In addition to the usual work on CBT with general adult populations, the „streams“ will be:

- **GENERAL MENTAL HEALTH**
- **CHILDREN AND YOUNG PEOPLE**
- **PSYCHOSIS**
- **GENERAL PSYCHOLOGICAL PROCESSES AND NEUROSCIENCE**
- **BEHAVIOURAL MEDICINE AND HEALTH**

We are also seeking to promote other areas of particular importance including Trauma, Substance Misuse and problems with Inclusion and Diversity (and how to solve them).



OFIA

VENUE



Hotel Marinela

S O F I A



Marinela Hotel Sofia was designed by the renowned Japanese architect Kisho Kurokawa. Located in the green zone of the capital, the hotel has a view from which you can enjoy both the night lights of Sofia and the beauty of the Vitosha mountain. The interior combines tradition and comfort with innovation and modern design. The hotel is easily reachable by metro, with the city center only two stops away.

A ROOM FOR EVERY TASTE AND BUDGET



- *Whatever your preferences, you will have no problem finding suitable accommodation in Sofia. You can stay right in the heart of the city no matter which alternative you choose.*
- *There are plenty of standard as well as luxury hotels to choose from.*

IMPORTANT DATES

OCTOBER 2017

..... *call for papers opens*

MARCH 7, 2018

..... *call for paid in-congress workshops submission closes*

MARCH 15, 2018

..... *call for symposia close*

MARCH 31, 2018

..... *call for debates/ round tables submission closes*

MARCH 31, 2018

..... *call for clinical roundtables submission closes*

MARCH 31, 2018

..... *call for free in-congress workshops submission closes*

APRIL 15, 2018

..... *call for open papers submission closes*

APRIL 30, 2018

..... *call for skill classes/ master clinical sessions closes*

APRIL 30, 2018

..... *call for poster submission closes*

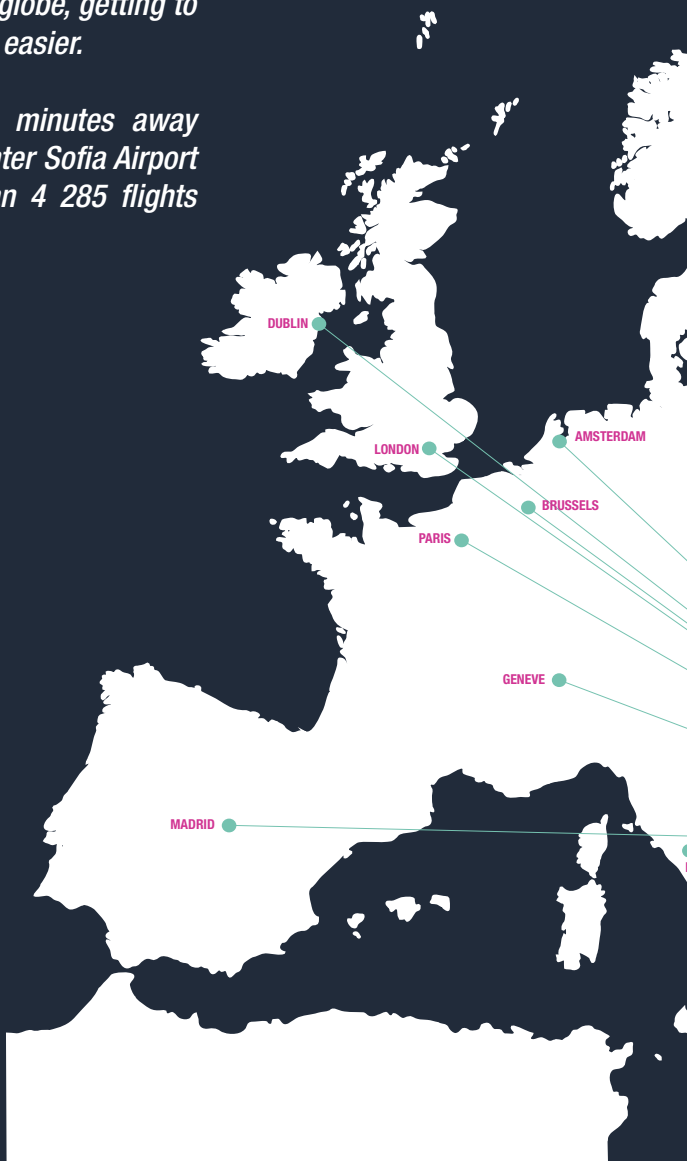
FEES

	Early-Bird Open until April 20 th , 2018	Standard April 20 th - August 20 th , 2018	Late / On-site After August 20 th , 2018 / on spot
MEMBER	€ 400	€ 530	€ 620
STUDENT	€ 250	€ 290	€ 340
EMERGING COUNTRIES			
NON-MEMBER	€ 490	€ 580	€ 670
ACC PERSON	€ 75	€ 100	€ 120
ONE-DAY CONFERENCE	€ 200	€ 200	€ 200

TRAVEL INFORMATION

With direct flight connections from around the globe, getting to Sofia couldn't be easier.

Located just 20 minutes away from the city center Sofia Airport serves more than 4 285 flights weekly.





STOCKHOLM

COPENHAGEN

BERLIN

WARSAW

PRAGUE

VIENNA

BUDAPESTA

KIEV

BUCHAREST

BELGRADE

ROME

SOFIA

ISTANBUL

ATHENES

TEL AVIV



WELCOME RECEPTION

Following the EABCT tradition we will wrap up the first day of the Congress with a “Welcome Reception” where you will have the opportunity to meet your colleagues and friends, and make new ones from Europe and all around the world. We are excited to invite you to a wonderful evening filled with fabulous drinks, great music and nice surprises.

Do not miss the chance to start the Congress in an unforgettable way!

GALA DINNER

The Gala Dinner on 7 September 2018 is the culmination of the Congress. The official dinner includes a four-course meal and drinks. During the dinner, you will enjoy a live music performance and beautiful visual effects.

SPECIAL EVENT

The evening on September 6th, 2018 will be full of excitement and party mood.

After a productive day at the Congress enjoy the evening in good company at a special themed event

SOCIAL PROGRAMME

1. THE EYES OF GOD



The ceiling of Prohodna Cave in Northern Bulgaria affords a peek at the sky via two deity-sized-eye-shaped holes. Known as the Eyes of God, these holes are located in the middle chamber of the 262-meter-long cave, illuminating the interior and providing a uniquely framed view of the firmament above. Remarkable in size, similar in shape, and eyeish in appearance, these holes are the result of natural erosive forces. These slow and steady forces are still at work, as is often demonstrated

by the water running down the cave walls from the “crying” eyes above.

Prohodna Cave has two entrances opposite each other. The pools of light permitted by the ceiling holes can sometimes be visible from either entrance, creating the appearance of glowing eyes staring out from the dark depths of the cave. They are known locally as both the Eyes of God and the Eyes of the Devil. These unique formations provided the backdrop for a scene in the 1988 Bulgarian movie *Time of Violence*.

2. RILA MONASTERY

Rila monastery is one of the UNESCO sites in Bulgaria. It is located in the Rila Mountains, which is the highest mountain in Bulgaria and on the Balkans. There you could learn more about our faith and religious practices. Bulgarians are Orthodox Christians since the 9th c. The founder of the monastery is the first Bulgarian hermit St. John of Rila (also known as Sveti Ivan Rilski). He is among the local ascetics in the Balkans whose feats, relics and miracles have drawn pilgrims from the 10th century to the present day.



Originally the saint lived in a cave in the rock, which still stands and is a place of veneration. Under this rock in the forest today is the saint's grave.

Rila monastery is one of the holiest places in Bulgaria. In its complicated ten-century history it has been the hub of a strong spiritual and artistic influence over the Eastern Orthodox world during medieval times (11th-14th c.). Under Ottoman rule (1400-1878) the monastery influenced the development of the culture and the arts of all Christian nations within the Ottoman Empire.

3. PLOVDIV ROMAN THEATER

Hey, quick: where is the world's best-preserved ancient Roman theater located?

Nope. Wrong. Sorry. The correct answer is "Bulgaria."

Plovdiv, Bulgaria is one of Europe's oldest continuously inhabited cities. Nestled on the Maritsa River, in a valley between the Balkan and Rhodope mountain ranges, the Neolithic settlement became an important Thracian population center, and then the Roman provincial hub known as Philippopolis.



Originally built under the reign of Emperor Trajan, the theater in Plovdiv still bears many striking details, including municipal district names carved into benches so that citizens would know where to sit, engravings that indicate the building was used as a seat for the provincial assembly of Thracia, protective structures that suggest gladiatorial fights against animals were held in the theater, and several walls and steles inscribed in Byzantine Greek (indicating an official policy of Hellenization — rather than Romanization — of the province).

The rediscovery and subsequent restoration of the theater is considered one of the crowning achievements of Bulgarian historical conservation. Today, the theater is open to the public, who are afforded unfettered access to not only the seating area but also the stage and backstage dressing area. During the summer, the theater still hosts plays and musical performances.





BULGARIA HIKES IN MISTY MOUNTAINS

Sky view of Sofia



SOFIA - A PIECE OF ANCIENT HISTORY APPLIED IN THE MODERN TIMES

- One of the oldest capitals in Europe - Signs of life date back as early as 1st millennium BCE. Inhabited by Thracians and later incorporated into the Roman Empire, after the 6th century AD, Sofia became home to the Slavs, ruled by the Byzantium before becoming part of the Bulgarian kingdom
- Sofia is the capital and the largest city of Bulgaria. It is located at the foot of Mount Vitosha in the Western part of the country. Many of the major universities, cultural institutions, and businesses of Bulgaria are concentrated in Sofia.
- The city has an extensive green belt. There are four major parks – Borisova gradina in the city center and the Southern, Western and Northern parks, as well as several other smaller parks.
- Sofia concentrates the cultural life of Bulgaria. There are plenty of opportunities to diversify the evenings or the spare time of the visitors of the city.
- Sofia Public Transport Network consists of more than 90 bus lines which connect every point of the city and its surroundings, 15 tram lines and 9 electrically driven bus lines.
- The city of yellow bricks - The unique ceramic pavement that covers much of Sofia's central part was specially produced in a brick factory near Budapest over 100 years ago. Today the expression “yellow bricks” has come to mean city center.







Traditionally Bulgaria is famous around the world for its folk songs and dances, their irregular meters and polyphony, with its Thracian treasures, rose oil, and yoghurt.

Now you have the chance to get acquainted with its natural sights, its cultural and historical monuments and... with Bulgarians themselves.



BLACK SEA BEACHES

Bulgaria is famous for its nice long sandy beaches, which can vary from lively and sports-facilitated beach stripes to calm and beautiful campsites. The beaches along the Bulgarian Black Sea coast can be located in the resorts, between the resorts or far away from villages, hidden from everything but the sea.





*Salt pans
in Pomorie*

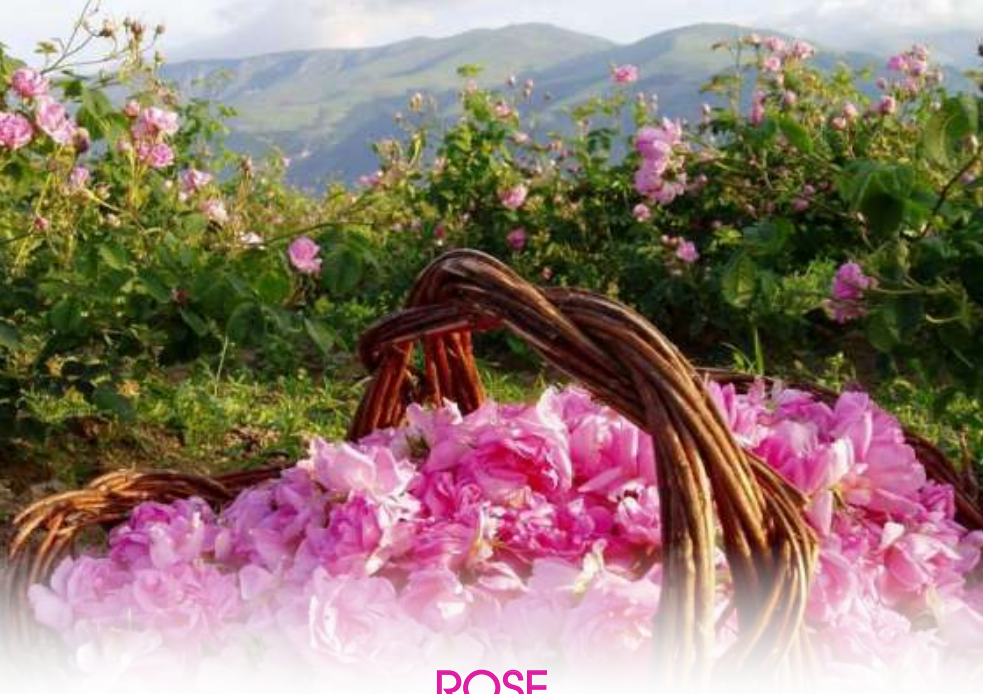
Some of the beaches offer traditional facilities like parasols, sun-beds, barbeque restaurants, bungee jumping, trampolines, and bananas riding, while others offer attractive sports like parasailing above the sea, surfing, diving or kiteboarding. Either way, just have a cocktail, put your sunglasses on and enjoy.





EXPLORE BULGARIA





ROSE

- The oil-yielding rose (*Rosa Damascena* P. Miller) and its principal product – Rose oil, are among the timeless symbols of Bulgaria. For over 300 years the people inhabiting the famed Valley of Roses, situated between the Balkan and Sredna Gora mountain ranges in Central Bulgaria, have grown roses and processed them into Rose oil, celebrated the world over for its superb quality and unique aroma.
- The Bulgarian oil-bearing rose, *Rosa damascena*, has been cultivated in the Rose Valley for more than 500 years. Bulgaria is one the world's largest producers of rose oil along with Turkey and Morocco



WINE

Bulgaria is one of the world's biggest wine producers – 200,000 tonnes a year. Bulgaria's climate, soils and temperature levels create excellent weather conditions for wine production. It ranked in the **Top 10 best Wine Travel Destinations 2017**. Bulgaria has indigenous grape varieties such as Mavrud, Melnik 55, Rubin, Gamza, Ruen (the reds) and Dimyat, Misket, Tamyanka, Buket (from the whites), which make up the country's wine identity. Bulgaria is also a place where small growers make wine from their own family vineyards for personal consumption.






...AND MORE ABOUT BULGARIA

The territories of present-day Bulgaria have been inhabited since ancient times, ever since the Paleolithic era. Drawings dating back to this time can be seen in the Magurata Cave in Northwestern Bulgaria. Nearby are the Belogradchik Rocks, with their bizarre shapes and the Roman fortress. In the Eastern Rhodope Mountains is situated the megalithic settlement which turned into a sacred rock city of the Thracians, and later became populated by the Romans. When travelling to the Rose Valley in Central Bulgaria, don't miss one of the most significant monuments of the Thracian culture on Bulgarian lands – the dome tomb, dating back to 4-3 century B.C. in Kazanlak, with magnificent frescoes from the Early Hellenistic Period. If you are drawn to the sea and interested in the Middle Ages and Christianity, visit the old town of Nessebar, which keeps in its fortified walls from the Roman Era and the Middle Ages Byzantine and Old Bulgarian churches and 18th-century and 19th-century houses. In North-Eastern Bulgaria – on the main migratory route of migratory birds between Europe and Africa – is situated the natural reserve Srebarna, where you can observe over 100 species of birds, many of which rare or threatened with extinction. If you are fond of the mountain nature, take a walk in Rila Mountains and stop to take a rest in the biggest Orthodox monastery in Bulgaria, founded in the 10th century by Saint John of Rila – the patron saint of Bulgarians, or visit Pirin National Park.

And finally, if you are curious about our traditional culture and more recent history, you can visit the two ethnographic reserves in the foot of Stara Planina, near the town of Gabrovo – Etara Museum and Bozhentsi village, as well as the small town of Koprivshtitsa - the cradle of 19th century Bulgarian national revival.





WHAT YOU CAN BUY FOR 5 EURO?

A cup of coffee is usually about 1 € .

For a lunchtime meal with a drink you will pay around 5 euro.

Seats at the National Opera House start at just € 5. A ticket to the Theater can be found for 5 to 7 euro.

Get some Bulgarian fresh air on Vitosha Mountain. Sofia is just 10km away and a gondola gives direct access from Simeonovo suburb - the ride offers stunning views over the city.

Tickets for the public transport and metro are between € 0.5 and € 1.

Visit the National House of Wine for just € 2.5



THE ORGANISING COMMITTEE RECOMMENDS

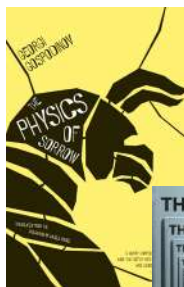
Literature:

Georgi Gospodinov,

The Physics of Sorrow (translated into English)

Alek Popov,

The Black Box (translated into English)



Restaurants:

Tea House Sofia – suitable for vegetarians/vegans

Soul kitchen – suitable for vegans

Hadjidraganov's Cellars – Bulgarian national cuisine + music

Atelier Restaurant – 16, Prof. Asen Zlatarov Street



Museums:

National Archaeological Institute with Museum –
Bulgarian Academy of Sciences

National History Museum

Boyana Church

Sofia City Art Gallery

Music:

Bulgaria Hall

Sofia Live Club

Streets:

Shishman street

Oborishte street

Angel Kanchev street



INTERACT WITH US!



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eabct2018.org

WOULD YOU LIKE TO GET IN TOUCH WITH
THE REGISTRATION TEAM OF EABCT 2018?

E-MAIL US AT:

registration@eabct2018.org

CALL FOR SUBMISSIONS:

secretariat@eabct2018.org

