

PROGRAMME AT A GLANCE

EABCT 2026 | BRUSSELS | 16-19 SEPTEMBER



WEDNESDAY

16 SEPTEMBER

08:30
Registration

09:30
Pre-Congress Workshops

11:00-11:30
Coffee break

13:00-14:00
Lunch break

15:30-16:00
Coffee break

18:00-19:20
Opening Ceremony

19:20
Welcome Reception

Silver, Magritte & Delvaux foyers



THURSDAY

17 SEPTEMBER

08:30-09:30
Keynotes + open papers

09:30-11:00
Parallel scientific sessions

11:00-11:30
Coffee break

11:15-12:45
Parallel sessions

11:30-12:30
Keynotes + poster session

12:30-13:30
Lunch break

13:30-15:00
Parallel scientific sessions

15:00-15:30
Coffee break

15:30-17:00
Parallel scientific sessions

17:00-18:00
Keynotes + open papers + technical demos

19:00-24:00
EABCT 2026 International Evening

FRIDAY

18 SEPTEMBER

08:30-09:30
Keynotes, workshop + open papers

09:30-11:00
Parallel scientific sessions

11:00-11:30
Coffee break

11:15-12:45
Parallel sessions

11:30-12:30
Keynotes + poster session

12:30-13:30
Lunch break

13:00-15:00
EABCT General Meeting

13:30-15:00
Parallel scientific sessions

15:00-15:30
Coffee break

15:30-17:00
Parallel scientific sessions

17:00-18:00
Keynotes + open papers

19:00-01:00
EABCT 2026 Congress Dinner & Party

SATURDAY

19 SEPTEMBER

08:30-09:30
Keynotes + open papers

09:30-11:00
Parallel scientific sessions

11:00-11:30
Coffee break

11:30-12:30
Keynotes + open papers

12:30-13:30
Closing Ceremony

THURSDAY 17 SEPTEMBER 2026	8:30 - 09:30	Copper Hall	Hall 100	The Arc	Hall 400	Studio 201 A-B	Studio 202	Studio 204	Studio 206	Studio 211	Studio 212	Studio 213	Studio 214	Studio 215	Studio 216	Studio 311	Studio 312	ROOM
		Keynote The Mental Health Trap of Poverty, Bram Vervliet	Keynote Cultural Adaptation of CBT, Peter Phiri	Open Papers 6 Trauma, humanitarian crisis	Open Papers 1 Youth Mental Health and Development	Open Papers 8 Digital and Technology-Enhanced CBT	Open Papers 10 Mechanisms and Processes of Change in CBT	Open Papers 13 Psychosis and Clinical Complexity	Three Minute Talks	Open Papers 15 Mood, Resilience and Emotional Processes								
	09:30 - 11:00	Symposium 122 Addressing Youth Mental Health Needs Across Educational Systems: From Needs Assessment to Intervention Development and Effectiveness	Symposium 128 Clinical Trajectories of Insomnia Across Emotional Disorders: A Process-Based Perspective	Roundtable Not Just Evidence, but Influence: CBT's Seat at the Table in Europe	Skills Class 263 CBT for Avoidant/Restrictive Food Intake Disorder	Symposium 400 Advancing Personalized Mental Health Care: EMA, Digital Tools, and Virtual Reality	Symposium 90 Advancing Causal Explanation in Mental Health: Dynamic Systems, Causal Inference, and Necessity Causality	Symposium 65 Bringing the Unified Protocol to the Clinical Frontline: Transdiagnostic CBT in Primary and Preventive Care for Emotional Disorders	Symposium 110 Complex PTSD: Integrating Mechanisms, Lived Experience, and Treatment Outcomes	Symposium 83 Emotional Contagion and Emotional Reactivity: Emotional Awareness as a Transdiagnostic Mechanism Relevant to CBT	Symposium 457 Advances in understanding Interpretation bias modification for anxiety	Symposium 320 Evidence-based CBT for suicide prevention in people experiencing psychosis: Mixed method research to understand mechanisms and stakeholder acceptability	Symposium 75 Adapting the Unified Protocol for transdiagnostic treatment of emotional disorders to individuals and settings with high complexity	Symposium 423 The good, the bad, and the unknown: Mechanisms of Imagery Rescripting from lab to clinic	Symposium 363 An Interpersonal Perspective on the Development, Course, and Treatment of Psychopathology	In-Congress Workshop 1 Dissociation-Focused Cognitive Behavior Therapy (DF-CBT), Alexis Vancappel	In-Congress Workshop 2 Infidelity and its consequences: Is it possible to re-build trust following affairs?, Helmut Sengler	
	11:15 - 12:45			Skills Class 438 Treating Overthinking in Groups: A Transdiagnostic Approach — Key Practical Tools		Symposium 126 Mindfulness-Based Interventions for health care professionals	Panel Discussion Men and Mental Health – Are We Letting Men Down?	Grant Workshop	Symposium 104 Compassion and Mindfulness	Symposium 100 Biobehavioral Synchrony and the Transmission of Stress Resilience in Families: Insights from a Belgian Multicenter Project	Skills Class 147 From the cruelest cure to pleasant surprises: a transdiagnostic approach to optimising extinction learning in exposure therapy	Skills Class 241 Pratiquer la décision partagée en TOC : entraîner les compétences pour adapter les interventions à chaque patient	Skills Class 151 Underused skills for overused substances: skills from DBT for substance use disorders	Three Minute Talks	Symposium 152 Changing memory specificity to promote behavior change: From pre-imagining the future to reshaping the past			
	11:30 - 12:30	Keynote From Restructuring to Relating: How Compassion Transforms the Therapeutic Process in Cognitive Behavioral Therapy, Niki (Nicola) Petrocchi	Keynote Advances in personalized and precision mental health care, Jaime Delgadillo		Keynote From Idiographic Case Formulation to Evidence-Based Transdiagnostic CBT in Real-World Settings, Ebru Salcioglu													Posters Session
	13:30 - 15:00	Symposium 130 CBT for anxiety and OCD in children: the role of parents and school professionals	Symposium 163 Embracing the complexity of emotion dysregulation: a multidimensional and transdiagnostic perspective	Meet the Expert The intersection of CBT and psychotropic drugs in clinical practice	Panel Discussion Unique as We Are: Personalizing CBT and Evidence-Based Psychological Interventions Across Development, Disability, Compassion, Mindfulness, and Process-Based Change	Symposium 116 Control and repetition in emotional disorders	Skills Class 573 I swear: How to treat Tics and Tourette syndrome	Symposium 595 Advancing Precision Mental Health Care: Machine Learning, Large Language Models, and Risk Monitoring	Symposium 463 Clearing the Emotion Regulation Strategy Jungle: Higher-Order ER Factors and Their Links to Symptomatology and Neural Correlates	Symposium 401 Coping with childhood bullying: From mechanisms to interventions	Symposium 183 Preventing depression in youth: from effective interventions to real-world practice	Symposium 88 Harnessing Cognitive and Computational Tools to Optimize Interventions Targeting Depression and Anxiety Risk	Symposium 99 Psychological Therapies for the Treatment of Psychosis: Clinical Trials in Context	Symposium 364 Compassion Focused Therapy in Action: Clinical, Educational, and Forensic Applications	Symposium 114 Treating Unique Individuals in a Globalized World: Cultural, Dissemination, and Transdiagnostic Advances in CBT	In-Congress Workshop 3 When Exposure Fails: Optimizing Inhibitory Learning in Trauma-Linked Phobias through Attachment-Based Formulation and Compassion-Focused Therapy, Isabelle Leboeuf	In-Congress Workshop 7 Concepaliser le trouble obsessionnel compulsif (TOC) selon l'approche processuelle transdiagnostique, Martine Bouvard	
	15:30 - 17:00	Symposium 478 Depressive symptoms in children and adolescents: associated factors and their role in (anxiety) treatment	Symposium 141 From Detection to Treatment: Trauma-Related Mechanisms and CBT-Informed Interventions in Intimate Partner Violence	Film and Debate	Symposium 172 Transdiagnostic Applications of Exposure Therapy: Expanding the Boundaries of Behavioural Treatment	Symposium 93 Parent-led CBT for Child Anxiety Across Cultural Contexts: Adaptations, Evidence and Implementation from the UK, Czechia, Chile, and Iceland	Skills Class 61 Helping Parents with Anxiety to Raise Confident Children	Symposium 374 How the echo of the past shapes the future: Mental Imagery, fear of cancer recurrence, personalized care, and innovations in EMDR-therapy	Symposium 144 Enhancing cognitive behavioural therapy for OCD: from mechanistic insights to maintenance of gains	Symposium 140 How adversity shapes learning: Evidence from human fear conditioning studies	Symposium 79 Mindfulness and Acceptance-based Interventions for Chronic Medical Conditions: Evidence, Optimization, and Mechanisms	Symposium 170 Dampening Positive Affect: New Empirical Insights and Clinical Translation	Symposium 627 Schema Therapy for Personality Disorders: Theoretical Perspectives from Forensic and General Populations	Symposium 487 Understanding Change in Compassion-Based Interventions: Mechanisms, Self-Relating, and Psychological Processes	Symposium 597 Les programmes incroyables dans la francophonie : nouvelles données, nouveaux contextes, nouvelles perspectives			
	17:00 - 19:00	Keynote Improving CBT from Molecules to Models, Stefan G. Hofmann	Keynote LGBTQ-Affirmative Mental Health Care: From Theory to Trials to Community Implementation, John Pachankis			Open Papers 2 Youth Mental Health and Development	Open Papers 9 Digital and Technology-Enhanced CBT	Open Papers 25 Training, Supervision and Workforce Development	Open Papers 21 Health, Wellbeing and Behavioural Medicine	Technical Demonstrations	Technical Demonstrations							

SATURDAY 19 SEPTEMBER 2026	8:30 - 09:30	Copper Hall Keynote Cultural Adaptation of CBT for Youth Anxiety and Depression in Non-WEIRD Nations, Cecilia A. Essau	Hall 100 Keynote A review of evidence-based psychological interventions for psychosis, Frank Larøi	The Arc Open Papers 3 Youth Mental Health and Development	Hall 400	Studio 201 A-B Open Papers 16 Mood, Resilience and Emotional Processes	Studio 202 Open Papers 19 Anxiety, OCD and Related Processes	Studio 204 Open Papers 26 Eating Disorders and Addictive Behaviours	Studio 206 Open Papers 20 Anxiety, OCD and Related Processes	Studio 211	Studio 212	Studio 213	Studio 214	Studio 215	Studio 311 In-Congress Workshop 9 Upskilling to work with older adults: Key differences from standard practice, Viviana Wuthrich	Studio 312 In-Congress Workshop 10 Integrating Cognitive Behavioural Therapy in the Management of Rheumatic Autoimmune Conditions, Christina Golemati
	09:30 - 11:00	Symposium 80 Psychological Rich Life and Generalised Anxiety in Emerging Adults: Mediating Roles of Resilience and Emotional Processes with Implications for Psychotherapy	Symposium 87 Developmental Perspectives on Body Dysmorphic Disorder: From Functional Impact to Treatment		Skills Class 184 CBT Skills for Female Sexual Interest/Arousal Disorder: Modifying Dysfunctional Sexual Standards and Restoring Erotic Engagement	Symposium 133 Uniquely Supported: Expanding Access through Parent Led Solutions for Child Anxiety and Sleep	Skills Class 440 Beyond the 'Difficult Client': Changing Behaviour Where It Actually Matters — Across Teams, Organisations and Systems	Symposium 455 Do you hear me? Parental Attunement and Support for Children with Mental Health Problems	Symposium 138 Interception in Anxiety and Beyond: A Transdiagnostic Perspective for Psychopathology and Psychotherapy	Symposium 208 The missing half of Understanding and Reversing Diminished Pleasure	Symposium 47 Understanding and intervening in the process of sexual arousal	Symposium 178 School accommodation in youth anxiety: From conceptualization to large-scale Implementation	Symposium 146 Unique as we respond: predicting heterogeneous mental health outcomes following traumatic events	Symposium 160 Understanding Mental Disorders as idiosyncratic Symptom Networks: Mapping and Forecasting Trajectories		
	Coffee Break															
	11:30 - 12:30	Keynote From Preventing Depression to Promoting Human Flourishing: MBCT Comes of Age, Whitem Kuyken	Keynote Emotion, Culture, and Therapy: Why 'Not-Knowing' must also be 'Culturally Informed', Jozefien De Leersnyder			Open Papers 4 Youth Mental Health and Development	Open Papers 27 Eating Disorders and Addictive Behaviours		Open Papers 5 Youth Mental Health and Development	Three Minute Talks						
	12:30 - 13:30	Closing Ceremony														