

54th annual congress

EABCT 2024

Belgrade, Serbia, September 4-7, 2024

**New age of CBT -
Challenges and perspectives**

**BOOK OF
ABSTRACTS**

EABCT



ACBTS ASSOCIATION FOR
COGNITIVE AND
BEHAVIORAL
THERAPIES OF SERBIA



SERBIAN
ASSOCIATION OF
BEHAVIOURAL
AND COGNITIVE
THERAPISTS



CIP - Каталогизација у публикацији
Народна библиотека Србије, Београд

159.9.019.4:615.851(048)

EUROPEAN association for behavioural and cognitive therapies. Annual congress (54 ; 2024 ; Beograd)

New Age of CBT - Challenges and Perspectives : book of abstracts / 54th Annual Congress EABCT 2024, Belgrade, September 4– 7, 2024 ; [editors Sanda Stanković Marija Mitković Vončina Nikola Petrović] ; [organizer European association for behavioural and cognitive therapies]. - Belgrade : Serbian association for cognitive and behavioural therapies : Serbian association of behaviour and cognitive therapists, 2024 (Belgrade : Unagraf). - 416 str. : ilustr. ; 30 cm

Tiraž 100.

ISBN 978-86-906974-0-3

а) Бихевиористичка терапија -- Апстракти

COBISS.SR-ID 155948041

54th Annual Congress EABCT 2024
New Age of CBT - Challenges and Perspectives

BOOK OF ABSTRACTS

Belgrade, Sava Center | September 4– 7, 2024

EABCT Organisation

54th annual Congress EABCT 2024
Belgrade, Sava Center, September 4 – 7, 2024

BOOK OF ABSTRACTS NEW AGE OF CBT – CHALLENGES AND PERSPECTIVES

Editors

Sanda Stanković
Marija Mitković Vončina
Nikola Petrović

Scientific Committee /Reviewers:

Co-chairs

- **Sanda Stanković**
University of Belgrade, Faculty of Philosophy, LIRA Lab, Serbia; Association for Cognitive and Behavioural Therapies of Serbia (ACBTS)
- **Marija Mitković Vončina**
University of Belgrade - Faculty of Medicine; Institute of Mental Health, Belgrade, Serbia; Serbian Association of Behaviour and Cognitive Therapists (SRABCT)

Members

- **Kirsti Akkermann**
University of Tartu, Estonia
- **Thomas Berger**
Universität Bern, Switzerland
- **Abdel. H. Boudoukha**
Nantes Université, France
- **Kate Davidson**
University of Glasgow, United Kingdom
- **Anca Dobrea**
Babes-Bolyai University, Department of Clinical Psychology and Psychotherapy, Romania
- **Thomas Heidenreich**
Esslingen University of Applied Sciences, Germany
- **Rod Holland**
World Confederation of Cognitive and Behavioural Therapies (WCCBT)
- **Kim de Jong**
Leiden University, Institute of Psychology, the Netherlands
- **Tobias Krieger**
Universität Bern, Switzerland
- **Irina Lazarova**
Bulgarian Association for Cognitive-Behavioral Psychotherapy, Adaptacia Outpatient Psychiatric Clinic, Bulgaria
- **Marija Lero**
Institute of Mental Health, Belgrade, Serbia; Serbian Association of Behaviour and Cognitive Therapists (SRABCT)
- **Sanja Leštarević**
Institute of Mental Health, Belgrade, Serbia; Serbian Association of Behaviour and Cognitive Therapists (SRABCT)
- **Pierre Philippot**
UCLouvain (Université catholique de Louvain), Belgium
- **Antonio Pinto**
Societa Italiana di Terapia Comportamentale e Cognitiva (SITCC), Department of Mental Health in Naples, Italy
- **Agnieszka Popiel**
SWPS, University of Social Sciences and Humanities, Poland
- **Shirley Reynolds**
Child Mind Institute, University of Reading, United Kingdom
- **Andreas Veith**
World Confederation of Cognitive and Behavioural Therapies (WCCBT); Zentrum für Psychotherapie Dortmund, Dortmund, Germany
- **Ulrike Willutzki**
Witten/Herdecke University, Germany,
- **Ivanka Živčić-Bećirević**
Faculty of Social Sciences and Humanities, University of Rijeka, Croatia

Organization of the Congress

Organizer

European Association for Behavioural and Cognitive Therapies

Hosted by

Association for Cognitive and Behavioural Therapies of Serbia

Skenderbegova 3

11000 Belgrade, Serbia

In collaboration with

Serbian Association of Behaviour and Cognitive Therapists

Starca Vujadina 1

18000 Nis

Local Organizing Committee

- **Tatjana Vukosavljević Gvozden, President**

Psychology Department of the Philosophy Faculty, University of Belgrade, Belgrade, Serbia; Association for Cognitive and Behavioural Therapies of Serbia (ACBTS)

- **Ivana Vračkić, Copresident**

City of Nis, City Administration for social issues, Sector for family, social and health care, Drug Abuse Prevention, Serbia; Serbian Association of Behaviour and Cognitive Therapists (SRABCT)

- **Nikola Petrović, Scientific Program, Logistics & Social Events Chair**

Psychology Department of the Philosophy Faculty, University of Belgrade, Belgrade, Serbia; Association for Cognitive and Behavioural Therapies of Serbia (ACBTS)

Members

- **Zorica Marić**

Association for Cognitive and Behavioural Therapies of Serbia

- **Borjanka Batinić**

Psychology Department of the Philosophy Faculty, University of Belgrade, Belgrade, Serbia; Association for Cognitive and Behavioural Therapies of Serbia (ACBTS)

- **Ivana Peruničić Mladenović**

Psychology Department of the Philosophy Faculty, University of Belgrade, Belgrade, Serbia; Association for Cognitive and Behavioural Therapies of Serbia (ACBTS)

- **Tijana Stanković**

Association for Cognitive and Behavioural Therapies of Serbia

Technical Organizer

CONGREXPO d.o.o.

Svetozara Markovica 81/5

11000 Belgrade, Serbia

T: +381-63-301043

E: olivera@congrexpo.co.rs

W: www.congrexpo.co.rs

Publisher

Serbian Association for Cognitive and Behavioural Therapies

Skenderbegova 3, 11000 Belgrade, Serbia

Mail: tanjavgvozden@gmail.com; Website: www.ukbt.org.rs

Co-publisher

Serbian Association of Behaviour and Cognitive Therapists

Starca Vujadina 1, 18000 Niš, Serbia

Email: srabct1996@gmail.com, Website: https://srabct.rs

Press: Unagraf, Jovana Boškovića 114, Belgrade

Layout: Rade Đurić, Belgrade

Print run: 100 copies

Belgrade, 2024

ISBN-978-86-906974-0-3

Welcome from the EABCT President



It is with great pleasure that I am welcoming you to the 54th Congress of the European Association of Behavioural and Cognitive Therapies (EABCT).

EABCT is an umbrella association made up of 55 CBT associations across the geographical continent of Europe and each year the congress is hosted by a different EABCT member association. This year we are in Belgrade in Serbia, last year we were in Antalya, Turkey and next year we will be in Glasgow, Scotland, UK.

The annual congress is therefore a great opportunity to cross linguistic and cultural boundaries, to learn about ground breaking research and practice from across Europe and internationally. I do hope that you will bear this breadth and novelty in mind as you navigate your way through the programme. Please do dip in and find out what is going on in other countries and in other specialities to your own.

We will hear from some well known people, but ALL contributions to the congress are important, from those starting out doing a poster or presenting their research for the first time, to EACH participant whose understanding is increased, who learn a new skill, or whose curiosity is sparked!

So please do ask questions, chat to people afterwards, and take what you learn back into your practice. There will be something for everybody - and the ultimate beneficiaries will be your clients, their families and the public.

Welcome to the 2024 EABCT congress!!

Katy Grazebrook
EABCT President

A Message from the EABCT 2024 Host

Dear Colleagues,

Welcome to the 2024 EABCT Congress! It is with great excitement and pride that we host this year's event, bringing together a diverse and vibrant community of professionals dedicated to advancing the fields of behavioral and cognitive therapies.

The theme of the congress reflects our commitment to exploring cutting-edge research, innovative practices, and the evolving challenges within our discipline. Over the next few days, we will delve into a rich program that offers a blend of keynote speeches, symposia, workshops, skill classes, panel debates, roundtables, early career sessions and poster presentations, all designed to inspire, inform, and connect. This conference is more than just an academic gathering—it is a unique opportunity to renew old friendships, forge new connections, and collaborate on ideas that will shape the future of our field. Whether you are a seasoned expert or a new entrant to the world of cognitive and behavioral therapies, we hope you find the program both enriching and stimulating.

We are deeply grateful to our keynote speakers, presenters, and workshop leaders who have generously shared their expertise and time. We also extend our heartfelt thanks to our sponsors, whose support has been instrumental in making this event possible. As you navigate through the sessions, we encourage you to engage fully, ask questions, and share your experiences. The strength of EABCT lies in the collective wisdom of its members, and it is this exchange of knowledge and ideas that drives our community forward.

We hope you enjoy your time at EABCT 2024 and leave with renewed energy, fresh perspectives, and a deeper commitment to our shared goals.

Thank you for being part of this exciting journey.

Warm regards,



Tatjana Vukosavljević Gvozden
President of the EABCT 2024 Organizing Committee
ACBTS President



Ivana Vračkić
Copresident of the EABCT 2024 Organizing Committee
SRABCT President

included in tailored modular group treatment based on the ESTAIR protocol comprising modules related to affect dysregulation, negative self-concept, and disturbances in relationships. In contrast, the trauma-focused module (Narrative therapy) was left as an elective option. The inclusion criteria ensured the comparability of the two groups. The following measurements were performed: LEC; ITQ; PHQ-9; GAD-7; AUDIT-C; DAST; WHODAS 2.0, and CSQ-8.

Results: Findings will be presented from those who completed the evaluation before and after the treatment in comparison with the control group of complex PTSD patients who haven't attended the ESTAIR programme. Findings will provide valuable insight in feasibility based on retention at the end of treatment and acceptability of the treatment. Outcome measures will reveal changes in symptoms of complex PTSD, depression, generalised anxiety, alcohol use and level of disability and functional impairment.

Conclusions: Overall findings present a contribution to the rising body of knowledge and experience related to the treatment of complex PTSD and will be discussed with consideration of the previous and ongoing research.

Keywords

trauma, Complex PTSD, treatment

• PTSD among Turkish Earthquake Survivors: The Role of Cognitive Distortions and Religious Coping

Meryem Kahramanlar, Ibn Khaldun University, Turkey

İlknur Aytemür Mneimneh, Ibn Khaldun University, Turkey

Elif Akyüz, Ibn Khaldun University, Turkey

Muhammed Furkan, Ibn Khaldun University, Turkey

Burcu Uysal, Ibn Khaldun University, Turkey

Abstract

Background and Purpose

In 2023, two major earthquakes of magnitudes 7.7 and 7.6 struck eleven cities in southern Turkey, affecting 13.5 million people. In addition to their devastating impact, earthquakes are known to have negative effects on people's psychological health. Among the psychological issues faced by survivors, PTSD is the most common, with over 50% of survivors affected three months post-disaster in the 2023 Turkey earthquake. Chronic PTSD can lead to severe outcomes, such as substance misuse, isolation, cardiovascular issues, and suicidal tendencies. As a result, it is critical to examine the factors influencing PTSD following earthquakes in order to improve survivors' physical and mental well-being.

Given that 91% of Turkey's population is Muslim and over half practice their religion regularly, many turn to their faith as a coping mechanism during distress. However, existing research on the relationship between religious coping and PTSD shows inconsistent results, which may indicate the role of other processes in this relationship. The present study aimed to examine the relationship between religious coping styles, cognitive distortions, and PTSD, with a specific focus on the mediating role of cognitive distortions. Understanding these relationships is essential for developing effective interventions to support earthquake survivors in Muslim communities.

Method

A total of 169 participants (118 female) aged between 18-to-58 years ($M=28.19$, $SD=8.90$) who directly witnessed the February 6th earthquake, participated in the study. They completed the Posttraumatic Stress Disorder Checklist for DSM-5, Religious Coping Scale, and Cognitive Distortions Scale via Qualtrics.

Results

The findings revealed a significant relationship between negative religious coping and cognitive distortions ($p=.000$, $r=.43$), as well as between cognitive distortions and PTSD ($p=.000$, $r=.49$). Notably, positive religious coping did not show a significant relationship with PTSD, whereas negative religious coping did ($p=.000$, $r=.25$). After controlling for gender and age, catastrophizing, a specific type of cognitive distortion, fully mediated the relationship between negative religious coping and PTSD levels (95% CI [.06, 1.15]). These results suggest that individuals who engage in higher levels of negative religious coping are more likely to experience cognitive distortions, especially catastrophizing, which may contribute to posttraumatic stress symptoms.

Conclusion and Discussion

Negative thought patterns have been shown to significantly influence the severity of PTSD symptoms. While the impact of religious coping on PTSD has been studied, results have been inconclusive. Our study contributes to the literature by examining the interaction between religious coping and cognitive distortions, and how these factors together affect the PTSD symptoms experienced by earthquake survivors. These findings could be particularly useful for mental health professionals working with PTSD patients. Interventions targeting negative religious coping strategies and cognitive distortions could benefit individuals suffering from PTSD symptoms. Future research should investigate these relationships in diverse samples and age groups, as well as longitudinal studies to track changes over time.

Keywords

PTSD, earthquake survivors, religious coping, cognitive distortions, catastrophizing