

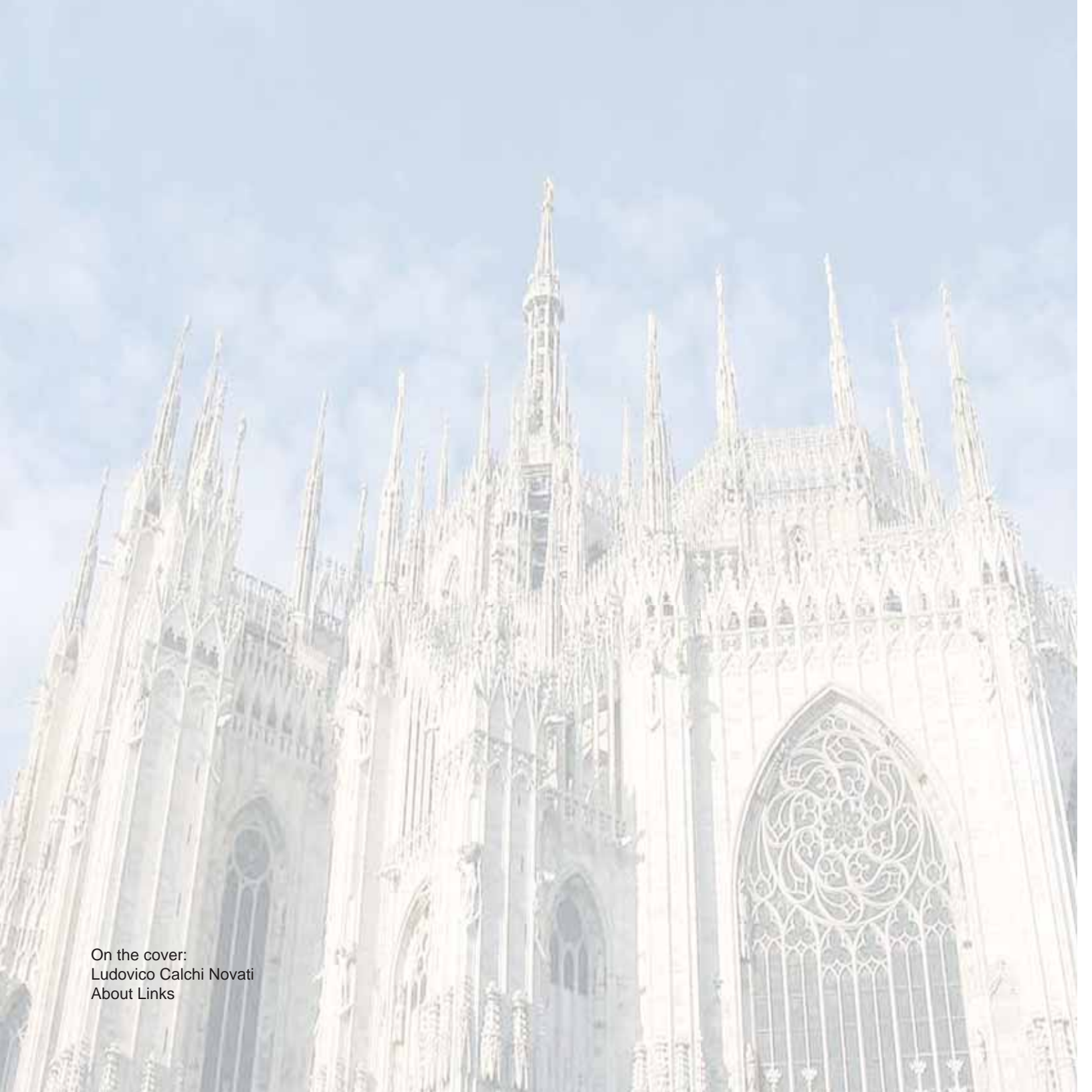
# LINKS

A vertical metal rod stands in the center of a dark, textured rectangular area. At the base of the rod, several white threads are wrapped around it, creating a crisscross pattern. The entire scene is framed by a red border with gold-colored corners.

EABCT  
2010

**XL** CONGRESS OF EUROPEAN  
ASSOCIATION  
FOR BEHAVIOURAL  
&  
COGNITIVE THERAPIES

Milan, october 7<sup>th</sup> – 10<sup>th</sup>, 2010



On the cover:  
Ludovico Calchi Novati  
About Links

Dear friends,

on behalf of the organizing Associations, it is a great pleasure to invite you to the XL EABCT Conference-LINKS in Milano, 7-10 October 2010. We are proud and honoured to host the EABCT conference in Italy thirteen years after the memorable event in Venice and to be able to offer a different, but equally significant experience.

Milano is an attractive, multi-faceted, exciting, elegant city that merges an intriguing mixture of culture, science, art, fashion and economy. Milano is considered to be an international centre of research and technology, the capital of fashion and design, a temple of music, and the custodian of an artistic striking heritage. From the Roman period through the centuries until now, Milano has represented and shown renowned examples of extraordinary historical and artistic culture. The aesthetic and trendy lifestyle of Milano is evident in the many characteristics and attractions of the city: art galleries and museums, historical and modern buildings and ancient churches, unforgettable art masterpieces, unique shopping opportunities, exciting restaurants, bars and coffee-shops, a fun and sparkling nightlife... the rhythm and the eclectic vibrations of Milano are memorably glamorous. With its enthralling vitality, Milano and its timeless elegance radiate a subtle but irresistible charm.

Because of its history, its geography and its proactive community, Milano has always represented a meeting point and a European crossroads of cultural, artistic and economic ties,

that have enhanced its cosmopolitan touch.

The soul and the traditions of Milano are perfectly attuned with the content and the title of the XL EABCT Congress LINKS.

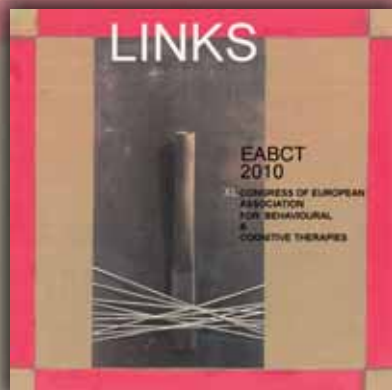
In its general perspective LINKS wants to create an interconnection between associations, themes, disciplines, countries, cultures, traditions and innovations.

The aim is to strengthen personal LINKS between experts, professionals and students belonging to different countries and cultural roots, to show the reciprocal LINKS between theory and clinical practice, to extrapolate LINKS from interventions focused on specific disorders and the ones addressed in other similar or different disorders; to identify LINKS between the classical expression of our approach and its more recent innovative developments. All this in the context of the numerous and varied LINKS which join the cognitive-behavioural psychology and therapy, with its opportunities of intervention and possibly prevention, to the more and more relevant social problems of our times.

We enthusiastically encourage you to contribute your works and your presence to help us attain this ambitious program and we all are waiting for you in Milano.



Anna Meneghelli  
Chair of the XL EABCT



**XV AIAMC National Congress**

***Italian Association for Behaviour Analysis and Modification  
and for Cognitive-Behavioural Psychotherapies***

**III AIPP Conference**

***Italian Association for Early Psychosis***

**XXI CIANS Conference**

***Collegium Activitatis Nervosae Superioris***

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**Gianfranco Goldwurm**

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**Anna Meneghelli**

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**Daniela Sacchi**

**Executive Scientific Committee:**

**Angelo Cocchi, Davide Dèttore, Spiridione Masaraki, Ezio Sanavio**

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**Enrico Rolla**, Torino, Italy  
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**Michele Tansella**, Verona, Italy  
**Philip Tata**, London, U.K.  
**Jim van Os**, Maastricht, Olanda  
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**Antonio Vita**, Milan, Italy  
**Christa Zimmermann**, Verona, Italy



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**Davide Coradeschi**  
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**Nicoletta Pafumi**  
**Giovanni Patelli**  
**Silvia Villani**



## Invited Speakers

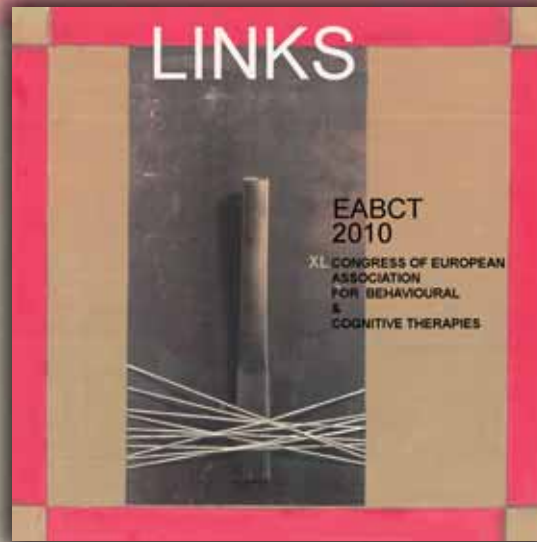
**Max Birchwood**, Birmingham, United Kingdom  
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**Dianne Chambliss**, Philadelphia, USA  
**David Clark**, London, United Kingdom  
**Davide Dèttore**, Firenze, Italy  
**Giovanni Fava**, Bologna, Italy  
**Peter G. Fedor Freybergh**, Bratislava, Slovakia  
**Paul Gilbert**, Derby, United Kingdom  
**Keith Hawton**, Oxford, United Kingdom  
**Robert L. Leahy**, New York City, USA  
**Giovanni Liotti**, Rome, Italy  
**Patrick McGorry**, Melbourne, Australia  
**Mirella Ruggeri**, Verona, Italy  
**Paul Salkovskis**, London, United Kingdom  
**Ezio Sanavio**, Padova, Italy  
**David Veale**, London, United Kingdom

# Topics

- Acceptance and commitment therapy
- Addictive disorders
- Anger and aggression
- Attention Deficit Disorders
- Behavioural Medicine and Health Psychology
- Bipolar disorder
- CBT and psychosis
- Child and adolescent problems
- Cognitive and behavioural assessment and evaluation
- Cost effectiveness of CBT
- Crisis interventions
- Cross-cultural perspective in CBT
- Couple therapy
- Developmental psychopathology
- Disorders of the autistic spectrum
- Eating disorders
- Obesity
- Early Psychosis
- Elderly and CBT
- Emergency psychology
- Ethical issues
- Evidence based treatments
- Experimental psychopathology
- Family interventions
- Genes influence in mental disorders: new perspectives
- Group therapy
- Health Anxiety and somatoform disorders
- Homosexuality and homophobia
- Interpersonal and problem solving skills
- Learning and cognitive theories
- Organization Behaviour Management
- Mindfulness
- Mood disorders
- Motivation enhancing techniques
- Neurophysiology and psychotherapy
- New technologies and CBT
- Obsessive-compulsive disorders
- Parenting skills
- Personality disorders
- Pharmacotherapy and psychotherapy
- Phobias and panic disorder
- Positive Psychology
- Psycho-oncology
- Psychosis and neurosciences
- Psychosocial rehabilitation
- Psychotherapy and media
- Quality of life
- Rehabilitation in organic pathologies
- Relapse prevention
- Sexual problems
- Sleep disorders
- Sports and coaching
- Stress and stress reduction
- Suicidal cognition and behaviour
- Supervision and therapist training
- Therapeutic relationship
- Trauma and loss







## General Information

Milan, a busy enterprising city famous all over the world as a business and shopping capital, never fails to demonstrate its many qualities and points of interest to visitors.

Milan has a European scope and is linked to the rest of the world by its international airports, railway stations and a highway network.

### Congress Venue

All Sessions will be held at Atahotel Quark Congress Center located at Via Lampedusa 11/A in Parco Sud, just 15 minutes from the centre of Milan.

### Registration

	until May 31, 2010	as from June 1, 2010 to September 30, 2010	as from October 1, 2010 and on-site
Member	Euro 430,00	Euro 490,00	Euro 550,00
Student	Euro 260,00	Euro 280,00	Euro 350,00
Non-Member	Euro 500,00	Euro 530,00	Euro 600,00
Emerging Countries	Euro 260,00	Euro 280,00	Euro 350,00

### Language

The official language of the Congress is English. There will be some sessions in Italian.

## **Social Programme**

### ***Opening Ceremony and Welcome Reception***

On Tuesday, October 7, 2010, all participants and accompanying persons are invited to attend the Opening Ceremony.

### ***Special Evening***

In the evening of Wednesday, October 8, 2010, a surprise event will be arranged for all congress participants in a suggestive and unforgettable atmosphere.

### ***Gala Dinner***

Saturday, October 9, 2010, in one of the most traditional and beautiful places of Milan.

### ***Closing Ceremony and Farewell drink***

On Sunday, October 10, 2010, all participants and accompanying persons are invited to attend the Closing Ceremony and the Farewell drink which will be held at the main Auditorium of the Congress.

### **Accommodation**

A considerable block of rooms has been reserved at the Official Congress Hotel and Congress Venue and in other hotels of different categories.

Hotels	Single room	Double room
Atahotel Quark-Congress Venue	Euro 240,00	Euro 260,00
Price category A	Euro 190,00	Euro 215,00
Price category B	Euro 140,00	Euro 165,00
Price category C	Euro 95,00	Euro 120,00

The indicated rates are inclusive of bed and breakfast, VAT and taxes and are valid at the moment of printing. They are subject to change.

### ***Daily, Pre and Post Congress Tour***

A special excursion programme has been devised for the Congress:

#### ***Highlights of Milan***

#### ***Best of Milan and shopping tour***

#### ***Art and History***

#### ***Special "Lago di Garda" Day***

#### ***Special "Lago di Como" Day***

#### ***Italian Gems: Firenze, Venezia and Verona***

#### ***Italian Gems: Firenze and Roma***

### **Organizing Secretariat**

T.M.T. Congress Dept. - Via Mecenate 12 - 20138 Milan, Italy

Phone +39.0258012822 - Fax +39.0258028245

E-mail: eabct2010@tmtworld.it

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[www.eabct2010-milan.it](http://www.eabct2010-milan.it)  
[eabct2010@tmtworld.it](mailto:eabct2010@tmtworld.it)  
[eabct2010scient@tmtworld.it](mailto:eabct2010scient@tmtworld.it)