

A Guide to the EABCT Conference

To make it easier for you to navigate the different events at the Congress and decide which presentations to attend we have prepared this short guide.

Streams

The Congress programme is organised into streams, which are broad areas within CBT, such as Adult Mental Health. Presentations are colour coded by stream in the Congress programme. Where possible, presentations within a stream are scheduled at different times to allow delegates interested in a specific area to attend most or all the relevant presentations. If you are not able to attend a specific session e.g., because it clashes with something else you want to attend you may be able to watch it on 'catch-up' because a number of sessions will be recorded.

'What is a hybrid Congress?'

EABCT2022 will probably be the first hybrid Congress that you have attended. A hybrid Congress allows delegates to attend in person or online. Even if delegates are attending remotely they be able to communicate via the technology that we are using.

Part of this year's programme is being made available on-line for both delegates attending in-person and for those who have registered on-line only. All the sessions taking place in the Auditori de la Cuitadella, Sala Polivalente, Sala de Grau and the Sala Merce Rodoreda will be available for everyone to view in real time and following the event delegates will still have access for at least 3 months.

'What exactly are the different types of presentations at the Conference?'

Keynotes

A keynote address is delivered by a well-known clinical researcher and last for an hour. These typically present the best up to date information and attract a large audience. In Barcelona we have 15 keynote addresses. These cover a wide range of contemporary and important topics in CBT. The keynote presentations are scheduled after the symposium sessions, in both the morning and the afternoon. At any one time there are 3 keynote addresses to choose between. But remember, if you would like to attend more than one you can watch the one you missed on 'catch up'.

The keynotes are being held in rooms that are fitted with the technology for us to make them available online. However, except for the Auditorium which can seat 450 delegates, the capacity of the other rooms where the keynotes are being held is between 75 – 100. This means that you may find the room is full when you arrive. However, the keynotes can also be viewed in the overflow room 40.S02, 40.002 and 40.004 or delegates can watch them on their own laptop, tablet or phone anywhere on the campus.

Symposia

These are collections of 4 or 5 talks, focusing on a specific topic or subject area. Some symposia are very data-focused, centred on new studies or on trials and their outcomes. Others are more applied, looking at service or skills-related subjects. Speakers range from presenters at an early stage in their careers presenting their own work, to leaders in the world of CBT. Symposia often have a discussant at the end where time is allowed for audience participation. Delegates are encouraged to ask questions during the session – if you are attending remotely, you will be able to do this via the online portal on the sessions that are available online.

Panel Debates

These are events where speakers debate a contemporary topic with each other, and actively with the audience. There are generally 4 or 5 speakers, and often these events feature nationally or internationally recognised researchers or clinicians.

Clinical Roundtables

These are events where clinicians discuss how they would approach treating a specific case, for example, treatment-resistant depression. These involve well-known clinicians, and audience involvement is encouraged.

Skills Classes

These are opportunities to learn and practice a particular skill. Skills classes focus on a specific clinical or research skill or therapeutic approach. These classes often involve quite large groups and are led by a well-known clinician. Depending on the numbers, these may be didactic or interactive, but there will often be opportunity for delegates to get involved and practice their skills. The skills classes are not available online

In-Conference Workshops

These are half day events (3 hours) that focus on both skills and theory. They are scheduled on each day of the conference. A separate registration fee is applied to these workshops and they can be booked in advance or at the registration desk during the congress

Posters

Posters report on research studies, service evaluations, clinical case reports etc. Posters will be on display all day in the Poster Room of the Conference Hybrid Platform where delegates will be able to leave questions and messages for all the in person and online poster presenters. There will also be a display of posters from 9.00am to 6.00pm on Thursday and Friday in the Queens Room at the conference centre. In person presenters will be available to answer questions about their posters

We hope this is helpful, please do ask any of the organisers if you have any questions during the Congress, and above all, enjoy!