



Friday, 02.07.2021			
	Plenary lectures		
14.00-14.30	Official opening of the conference		
14.30 -15.15	Process-oriented cognitive-behavioural therapy. Paradigm shift or perspective shift? The case of PTSD. Agnieszka Popiel		
15.15- 16.00	Understanding child and adolescent depression. Current views and future directions. Mark Reinicke		
16.00-16.45	Perfectionism and couples therapy. Eduardo Keegan		
15 minute break			
	Pre-conference workshops		
17.00-21.30	Emotional schema therapy. Robert Leahy	Treating bipolar disorder with CBT and family- focused interventions. Cory Newan	Dialectical behavior therapy with couples. Alan E. Fruzzetti

Saturday, 3.07.2021

Saturday, 3.07.2021							
	Workshops					Symposia	
9.00-12.00	Effective functioning under stress - a cognitive-behavioural prevention program. Agnieszka Popiel, Ewa Pragłowska (9.00-12.00)	Good enough is truly enough - a transdiagnostic approach to treatment of perfectionism. Hanna Malinowska-Wikaryjczyk, Agnieszka Wroczyńska. (9.00-12.00)	What to do when you get a letter from the court. A practical course for mental health workers on contacts with the justice system. Maciej Bocheński (9.00-12.00)	Cognitive-behavioural treatment of sleep disorders and circadian rhythm in adolescents and young adults (16-21 years). Aleksandra Augustyn, Joanna Szmyd (9.00-10.30)		Psychotherapy for chronic pain. (9.00-10.30)	Using new technologies in cognitive-behavioural therapy. (9.00-10.30)
				Using cognitive-behavioural techniques in psycho-oncology work with children and adolescents. Małgorzata Bereza-Stanisławska. (10.30-12.00)	Structural therapy in the cognitive-behavioural therapist's practice. Joanna Salbert. (10.30-12.00)	Supervision in cognitive-behavioural therapy. (10.30-12.00)	
1 h break							

Saturday, 3.07.2021		
	Plenary lectures	
13.00- 13.45	<b>Anxiety disorders - forgotten comorbidities</b> Wiesław Jerzy Cubala	
13.45-14.30	<b>CBT with couples. The core methods.</b> Cory Newman	
14.30-15.15	<b>Complex emotions--jealousy, envy, ambivalence: An emotional schema model</b> Robert Leahy	
15 minute break		
	Workshops	
15.30-18.30	<b>CBT with angry and oppositional youth.</b> Mark Reinicke	<b>Just do it! Dealing with procrastination.</b> Eduardo Keegan

Sunday, 4.07.2021							
9.00-12.00	Workshops						Symposia
	<b>Key techniques of metacognitive therapy.</b> Jacek Legierski, Joachim Kowalski. (9.00-12.00)	<b>Process-based CBT, or how emotional, cognitive, and behavioural interventions have evolved alongside studies on key psychological flexibility processes.</b> Hubert Czupeła. (9.00-12.00)	<b>Child and adolescent group cognitive-behavioural therapy in practice</b> Z. J. Dziurkowscy Neurorehabilitation Team (9.00-12.00)	<b>Using mindfulness in couples' therapy.</b> Kamila Jakubiak-Leńczuk (9.00-12.00)	<b>Leaving the cage. Practical use of motivational interviewing in empathic confrontation within schema therapy.</b> Olga Olszewska (9.00-10.30)	<b>Family Connections (FC) – group support program for significant others with emotional dysregulation problems and borderline personality disorder.</b> Magdalena Muracka-Tylko, Magdalena Skuza-Singh (9.00-10.30)	<b>Cognitive-behavioural therapy in the context of human sexuality.</b> (9.00-10.30)
					<b>Cognitive-behavioural therapy for victims of intimate partner violence.</b> Natalia Liszewska (10.30-12.00)	<b>DBT in the cognitive-behavioural therapist's practice - similarities and differences, employing group skills trainings.</b> Alicja Baranek (10.30-12.00)	<b>Cognitive-behavioural couples therapy.</b> (10.30-12.00)
30 min break							

Sunday, 4.07.2021	
	<b>Plenary lectures</b>
<b>12.30-13.15</b>	<b>Conceptualizing developing child and adolescent patients.</b> Anita Bryńska
<b>13.15-14.00</b>	<b>Temperament and PTSD.</b> Bogdan Zawadzki
<b>14.00-14.45</b>	<b>Supervision in psychotherapy – listening to the supervisees' perspective.</b> Yona Teichman
<b>14.45-16.15</b>	<b>Panel discussion.</b> <b>Supervision in the context of the growth of CBT in Poland. Contemporary challenges.</b>
<b>16.15</b>	<b>Official ending of the conference.</b>