



UNIVERSITY OF
CHICHESTER

Chichester Conference Thursday 14th July 2022

Conference Theme: Cognitive-Behavioural applications and interventions in Clinical, Health, Social, Occupational, and Educational Psychology

Host: Dr. Ian Tyndall (Reader in Cognitive Psychology, University of Chichester)





Morning session:

Clinical & Social Psychology

- 1) 9.30 – 9.45 Dr. Jessica Kingston (Royal Holloway London) – Using values and committed action to reduce suspicion in young people
- 2) 9.50 – 10.10 Dr. Daniel Waldeck (Coventry University) – 'You ignored me!' Testing the potential moderating influences of flexibility and inflexibility on the ostracism-paranoia relationship.
- 3) 10.10 – 10.20 Dr. Ian Tyndall (University of Chichester) – An Ecological Momentary Assessment Study of effects of psychological inflexibility on distress from perceived ostracism.
- 4) 10.25 – 10.40 Dr. Marc Tibber (University College London) – Transdiagnostic cognitive behavioural model of positive and negative aspects of Social Media use in Adolescents

Break: 10.45 – 11.00



Mid-morning session

Clinical Health Psychology

- 4) 11.00 – 11.15 – Dr. Whitney Scott (Kings College London) - Recent advances in the application of the psychological flexibility model to persistent pain
- 5) 11.20 – 11.35 – Dr. Jessica Kingston (Royal Holloway London) - Online ACT intervention for people experiencing cancer and Type I diabetes.
- 6) 11.40 – 11.55 – Dr. Wendy Nicholls (University of Wolverhampton) - ACT for Health conditions.
- 8) 12.00 – 12.15 – Dr. Chris Graham (Queens University Belfast) - Doing a randomised controlled trial of Acceptance and Commitment Therapy for improving quality of life in muscular dystrophy

Lunch 12.15 – 1.10



Afternoon Session Part 1

Cognitive-Behavioural Interventions & Applications in Education and Workplace

- 9) 1.15 – 1.30 Dr. Duncan Gillard (Bristol) & Dr. Corinna Grindle (University of Warwick), & Dr. Nic Hooper (Cardiff University) - Getting psychological flexibility into the water supply: The Connect Children's Wellbeing Curriculum.
- 10) 1.35 – 1.50 – Dr. Arianna Prudenzi (University of Birmingham) - Workplace ACT for distress and burnout and MENTOR intervention/programme for employees with clinical mental health conditions at work.
- 11) 1.55 – 2.10 – Dr. Sarah Cassidy (Maynooth University Ireland) – Magpies: An ACT-based intervention for wellbeing in children and families.



Relational Frame Theory Applications

- 12) 2.15 – 2.30 – Dr. David Dawson & Dr. Nima Golijani-Moghaddam (University of Lincoln) – SMART for People with Multiple Sclerosis (MS): Early data from a Prefeasibility Formative Evaluation.
- 13) 2.35 – 2.50 – Dr. Richard May (University of South Wales) – Derived stimulus relations and Placebo Effects
- 14) 2.55 – 3.10 – Dr. Freddy Jackson Brown (Bristol) – Relational Frame Theory and Artificial Intelligence

Break 3.10 – 3.25



Afternoon Session Part 2

Clinical Case Study & Conceptualisation Session

15) 3.25 – 4.00 Clinical Case Studies led by Dr. Andrew Merwood (University of Southampton & Queen Alexandra Hospital, Portsmouth)

16) 4.05 - 4.20 Dr. Marc Bennett (University of Cambridge) - Decentering and Cognitive Defusion for anxiety

17) 4.25 – 4.40 – Dr. Nima Golijani-Moghaddam & Dr. David Dawson (University of Lincoln) – Longitudinal study of Psychological Flexibility over the Pandemic: Preliminary data.

18) 4.45 – 5.00 Dr. Ian Tyndall – Closing paper - 'Process: A conceptual and behavioural analysis of Cognitive Defusion in ACT'.