

4th International Congress of Rational Emotive Behavioral Therapy

BABES-BOLYAI UNIVERSITY
AVALON BUILDING
Advanced Studies Applications Laboratories Of Psychology

The Role of

"The Classics"

in the Present and Future of Psychology

13-15 September 2019, Cluj-Napoca, Transylvania, Romania



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Dear colleagues,



On behalf of the organizing committee of the **The Fourth International Congress of Rational Emotive Behavior Therapy: The Role of "The Classics" in the Present and Future of Psychology**, we would like to welcome you to Cluj-Napoca, Transylvania, Romania. We are sure you will find the scientific program interesting and challenging, and we wish you a pleasant stay in Cluj.

The Fourth International Congress of Rational Emotive Behavior Therapy is organized by the Albert Ellis Institute and supported by the International Institute for Advanced Study in Psychotherapy and Applied Mental Health and the Romanian Association of Cognitive and Behavioral Psychotherapies (a member accredited for training by the European Association of Behavioral and Cognitive Therapies).

As part of the CBTs family, REBT- oriented academics and professionals typically participate regularly in major national and international CBT conferences/congresses (including REBT national meetings/conferences/congresses). However, at key critical times in the field, REBT has also held its own major international Congresses. Thus, the first Congress was organized by Albert Ellis and the Institute in New York in 1976, bringing together the founding fathers of CBT (e.g., Aaron T. Beck, Albert Ellis, Michael Mahoney, Donald Meichenbaum, etc.), marking an official merge of behavioral and cognitive therapies into cognitive behavior therapy (CBT) as well as highlighting the role of cognitions in psychopathology and the key role of CBT as a treatment. The second REBT Congress was organized by the Albert Ellis Institute in 1994 (the 35th anniversary of REBT - Keystone, USA) and the third one in 2001 (the 45th anniversary of REBT - Keystone, USA).

Taking into account the new developments and trends in the psychological, medical, and health fields since the last REBT Congress in 2001 – e.g., personalized evidence-based treatments/technology/neurogenetics/machine learning-data mining/transdiagnostic-network analyses – , it is time for the Fourth International Congress of Rational Emotive Behavioral Therapy!

A series of invited keynotes, workshops (invited), open papers/symposia (invited and self-proposed - including posters), and round tables/meet the experts section (invited), with outstanding academics and professionals, will cover relevant topics, with the aim of advancing a more evidence-based psychotherapy. The Congress takes place in Cluj-Napoca, Romania, the heart of Transylvania, an affordable and easily accessible European city, which fosters unforgettable holidays, good accommodations, and great memories. Major international travel agencies/guides/magazine (e.g., Conde Nast Traveller) recommended Transylvania as a top place to visit in 2019!

Daniel O. David, Professor, Ph.D.,

President of the Congress

THE Albert Ellis INSTITUTE



The Albert Ellis Institute (AEI) is a world-renowned psychotherapy training Institute established in 1959. AEI is committed to promoting emotional well-being through the research and application of effective, short-term therapy with long-term results.

AEI's therapeutic approach is based on rational emotive behavior therapy (REBT), the pioneering form of cognitive behavior therapy. REBT is an action-oriented psychotherapy that teaches individuals to identify, challenge, and replace their self-defeating beliefs with healthier ones that promote emotional well-being and goal achievement. REBT was developed in 1955 by Dr. Albert Ellis. Dr. Ellis has been considered one of the most influential psychotherapists in history. In a survey conducted in 1982 among approximately 800 American clinical and counseling psychologists, Albert Ellis was considered even more influential in the field than Sigmund Freud. Prior to his death in 2007, *Psychology Today* described him as the "greatest living psychologist."

AEI conducts research and provides continuing education for mental health professionals, self-help workshops for the public and affordable psychotherapy and psychological assessment. Since its incorporation under the New York State Board of Regents as a Psychotherapy Training Institute, the Institute and its Affiliated Training Centers around the world have trained more than 13,000 professional psychotherapists at the Primary Certificate level. This makes REBT one of the most widely practiced forms of psychotherapy in the world.

The institute sponsors an academic, peer reviewed, scientific journal, the "Journal of Rational Emotive and Cognitive Behavior Therapy," published by Springer. Under the guidance of an editorial board consisting of acknowledged leaders in the field, the journal disseminates current, valuable information to researchers and practitioners in psychology, psychotherapy, psychiatry, counseling, social work, education, and related fields.

Albert Ellis Institute is approved by the American Psychological Association to sponsor continuing education for psychologists and by several other boards for social workers and mental health counselors (see the Institute's website for more details: <http://www.albertellis.org/>)

Current available trainings at AEI New York:

- 3 Day Primary Certificate Practicum in Rational-Emotive & Cognitive Behavior Therapy
- Advanced Certificate Practicum in Rational-Emotive & Cognitive Behavior Therapy
- Associate Fellowship Practicum in Rational-Emotive & Cognitive Behavior Therapy
- Supervisory Certificate Practicum in Rational-Emotive & Cognitive Behavior Therapy

For more training opportunities, workshops, clinical and research resources in the U.S.A and in other countries, please see your website at: <http://www.albertellis.org/>.

About the Romanian Association of Cognitive and Behavioral Psychotherapies (RACBP)

The Romanian Association of Cognitive and Behavioral Psychotherapies RACBP is the oldest and most complex CBT association in Romania, its programs recognized at international level (e.g., Europe, United States). RACBP works in close collaboration with the Department of Clinical Psychology and Psychotherapy at Babeş-Bolyai University and with the International Institute for Advanced Study in Psychotherapy and Applied Mental Health, as well as with the prestigious Albert Ellis Institute in New York. RACBP is a member of the European Association for Behavioral and Cognitive Therapies (EABCT) and has been accredited here since 2011.

Executive organizing committee:

The leaders of the local organizing committee:

Anca Dobrean (Cluj-Napoca, Romania) – President of the Romanian Association of Cognitive and Behavioral Psychotherapies (RACBP)

Kristene A. Doyle (Albert Ellis Institute/AEI) – Director of the Albert Ellis Institute, New York

Oana David (UBB)

Cezar Giosan (Bucharest University)

Michael Hickey (AEI)

Steve Johnson (AEI)

Viorel Lupu (University of Medicine and Pharmacy, Cluj-Napoca)

James McMahon+ (AEI)

Silviu Matu (UBB)

Adrian Opre (UBB)

Ioana Podină (Bucharest University)

Cosmin Popa (University of Medicine, Pharmacy, Sciences, and Technology of Targu-Mures)

Mara Priceputu (Romanian Federation of Psychotherapy)

Simona Stefan (UBB)

Florin Sava (West University of Timisoara)

Simona Trip (University of Oradea)

Ann Vernon (AEI)

Organizing committee:

Raluca Balan (Cluj-Napoca, Romania)

Monica Bartucz (Cluj-Napoca, Romania)

Aurelian Bizo (Cluj-Napoca, Romania)

Petronela Blaga (Cluj-Napoca, România)

Samuel Bud (Cluj-Napoca, Romania)

Roxana Cardoso (Cluj-Napoca, Romania)

Diana Căndea (Cluj-Napoca, Romania)

Alina Cîmpean (Cluj-Napoca, Romania)

Loana Comşa (Cluj-Napoca, Romania)

Iulia Coşa (Cluj-Napoca, Romania)

Iosif Dohi (Cluj-Napoca, Romania)

Cristina Domuţ (Cluj-Napoca, Romania)

Ionuţ-Stelian Florean (Cluj-Napoca, Romania)

Liviu Fodor (Cluj-Napoca, Romania)

Raluca Georgescu (Cluj-Napoca, Romania)

Cristina Lorinţ (Cluj-Napoca, Romania)

Ionuţ Milea (Cluj-Napoca, Romania)

Simona Moldovan (Cluj-Napoca, Romania)

Ruben Nechifor (Cluj-Napoca, Romania)

Horea Oltean (Cluj-Napoca, Romania)

Lia-Ecaterina Oltean (Cluj-Napoca, Romania)

Costina-Ruxandra Păsărelu (Cluj-Napoca, Romania)

Alina Petruț (Cluj-Napoca, România)
Răzvan Predatu (Cluj-Napoca, Romania)
Andreea Robe (Cluj-Napoca, Romania)
Victor Sălăjan (Cluj-Napoca, Romania)
Paula Ioana Stroian (Cluj-Napoca, Romania)
Radu Șoflău (Cluj-Napoca, Romania)
Alexandru Zorilă (Cluj-Napoca, Romania)

Scientific committee

Steven Jay Lynn, Binghamton University – President
Michael Bernard, University of Melbourne
Raymond DiGiuseppe, Albert Ellis Institute and St. John's University
Windy Dryden, University of London
Paul Emmelkamp, University of Amsterdam
Arthur Freeman, Philadelphia College of Osteopathic Medicine
David Haaga, American University
Irving Kirsch, Harvard Medical School

International advisory committee

AG Ahmed (Canada)
Wouter Backx (Netherlands)
Maria Celeste Airaldi (Paraguay)
Murat Artiran (Turkey)
Tatiana Buianina* (Moldavia)
Paul DePompo (California, USA)
Natalia Ferrero (Peru)
Dmitrii Frolov* (Russia)
Swati Khanolkar (India)
Demetris Katsikis (Greece)
Chrysoula Kostogiannis (Greece)
Ertugrul Koroglu* (Turkey)
Dmitrii Kovpak* (Russia)
Zorica Maric (Serbia)
Monica O'Kelly (Australia)
Shishir Palsapure (India)

Pedro Reyes (Peru)
Giovani Maria Ruggiero (Italy)
Aurora Szentagotai (Romania)
Hisataka Takasugi* (Japan)
Hakan Turkcapar* (Turkey)

Research advisory committee

Gerhard Andersson, Linköping University
Ovidiu Andronesi, Harvard Medical School
Cristina Botella, Jaume I University
Ioana Cristea, Babeș-Bolyai University (UBB) & Stanford University
Pim Cuijpers, Vrije University
Claudio Gentili, Padova University
Philip Hyland, Maynooth University
Ernst Koster, Gent University
Scott Lilienfeld, Emory University
Richard McNally, Harvard University
Andrei Miu, UBB
Guy Montgomery, Icahn School of Medicine at Mount Sinai
Douglas Mennin, Columbia University
Pietro Pietrini, IMT School for Advanced Studies
Robert Rentfrow, Cambridge University
Peter Trower, Birmingham University
Bram Vanderborght, Vrije University

Partners:

Romanian Psychological Association (RPA)
Romanian Federation of Psychotherapy



About Romania (based on <https://en.wikipedia.org/wiki/Romania>)

Romania is a sovereign state located in Southeastern Europe.

Romania borders the Black Sea, Bulgaria, Ukraine, Hungary, Serbia, and Moldova. It has an area of 238,391 square kilometers (92,043 sq mi) and a temperate-continental climate. With over 19 million inhabitants (89.5% Romanians), the country is the seventh most populous member state of the European Union. Its capital and largest city, Bucharest, is the sixth-largest city in the EU, with 1,883,425 inhabitants. The River Danube, Europe's second-longest river, rises in Germany and flows in a general southeast direction for 2,857 km (1775 mi), coursing through ten countries before emptying into Romania's Danube Delta.

The area was inhabited from prehistorical times. In the antiquity, the Kingdom of Dacia was conquered by the Roman Empire. Romania derives from the Latin *romanus*, meaning "citizen of Rome". In the Middle Ages, there were three "countries" on the area of what is today called Romania: Transylvania (most of the time under the influence of the western world: Kingdom of Hungary, Habsburg Empire, Austrian-Hungarian Empire), Wallachia (most of the time under the influence of the Ottoman Empire), and Moldavia (most of the time under the influence of the Ottoman Empire).

Modern Romania was formed in 1859 through a personal union of the Danubian Medieval Principalities of Moldavia and Wallachia. The new state, officially named Romania since 1866, gained independence from the Ottoman Empire in 1877. At the end of World War I, Transylvania, Bukovina and Bessarabia united with the sovereign Kingdom of Romania. Following the World War II, Romania became a socialist republic. After the 1989 Revolution, Romania began a transition towards democracy and a capitalist market economy. It has been a member of NATO since 2004, and part of the European Union since 2007. Strong majorities of the population identify themselves as Eastern Orthodox Christians and are native speakers of Romanian, a Romance language.

About Transylvania (see also <https://en.wikipedia.org/wiki/Transylvania>)

Transylvania – "the country beyond the forest" (area: 102,834 km²; population: 7,309,291) – is one of the historical provinces of Romania, bounded on the east, west, and south by its natural borders, the Carpathian mountain range. It has been commonly associated with vampires, because of Bram Stoker's novel **Dracula** and its various movie adaptations. A popular touristic destination in Transylvania is the city of Sighișoara, one of the best-preserved medieval towns in Europe, still inhabited, and which is an UNESCO World Heritage Site. Also the Bran Castle, near the city of Brașov, related to the legend of Dracula and historically linked to Vlad Țepeș (Vlad the Impaler), is a popular touristic place.

About Cluj-Napoca (see also <https://en.wikipedia.org/wiki/Cluj-Napoca>)

The most important urban center of Transylvania is a city with two names: Napoca is the name of the old Dacian citadel and Cluj is the Latin term subsequently appointed, and it means the city between the hills. It has a stable population of 324,576, but the Metropolitan area has a population of about 411,379.

It was first documented in 1167 known as "Castrum Clus". It is the residence of the Cluj county and the spiritual and economic capital of Transylvania, being a strong academic and medical center, a diversity and multiculturalism pole, where the past, the present

and the future are the sum of identity and local specificity. It is a powerful cultural center through its two theatres, two operas, four cultural houses, the philharmonic, six museums, including the National History Museum of Transylvanian, which dates from the 19th Century.

About Babeş-Bolyai University (for more information please see <http://www.ubbcluj.ro/en/>)

Babeş-Bolyai University/BBU (Universitatea Babeş-Bolyai/UBB in Romanian) is a public comprehensive university, whose main campus is located in Cluj-Napoca, Transylvania, Romania (<http://www.ubbcluj.ro/en/despre/>). With an academic tradition starting in 1581, BBU is today the largest university in the country (with over 42000 students in 2016) and one of the best and most representative Romanian universities. Indeed, at national level, BBU has been awarded the title of university of "advanced research and teaching" (i.e., an intensive-research university) and was ranked the best Romanian university in the national metaranking of the Ministry of Education and Research (2016). At international level, BBU is a constant presence in the international ranking of the universities as one of the best and most representative universities in Romania and Eastern/Central Europe.

The linguistic and cultural diversity are also defining elements for BBU, uniquely individualizing it not only among Romanian universities, but also within the European context. Indeed, in the confined family of multilingual and multicultural universities in Europe, the BBU becomes specific through the fact that its Carta has set up lines of study in Romanian, Hungarian, and German. From a linguistic point of view, UBB has one of the most complex systems in Europe: each student can freely choose the language in which one will study (Romanian, Hungarian, German, English, or other international languages), and the study programs may be followed in full in the chosen language.

BBU is one of the five members of the Universitaria Consortium (the group of elite Romanian universities) and is affiliated, inter alia, to the International Association of Universities, European University Association, the Santander Group, and the Agence Universitaire de la Francophonie. BBU also signed the Magna Charta Universitatum and has partnerships with over 210 universities in 50 countries.

About the School of Clinical Psychology and Psychotherapy from Babeş-Bolyai University

The School of Clinical Psychology and Psychotherapy from Babeş-Bolyai University is comprised of: (1) the Department of Clinical Psychology and Psychotherapy (focused on knowledge dissemination by teaching – <http://www.clinicalpsychology.ro>); (2) the International Institute for the Advanced Study of Psychotherapy and Applied Mental Health (focused on knowledge generation by research – <http://www.psychotherapy.ro>); (3) PsyTech Psychological Clinic (focused on knowledge transfer by psychological services to population/society – <http://clinicadepsihologie.ro>); and (4) a professional organization/association – Romanian Association of Cognitive and Behavioral Psychotherapies/Center for Rational-Emotive and Cognitive-Behavioral Therapy – (focused on knowledge dissemination/transfer by training – <http://www.psihoterapiecbt.ro>). The School publishes the Journal of Evidence-Based Psychotherapies (indexed/abstracted in Web of Science/Scopus/PsychInfo, etc.). This is the most representative School in the field of psychology in Romania being ranked first in Romania by various national and international academic and professional evaluations.



General information about the Congress

Venue

Program activities will take place at five locations within the Babeş-Bolyai University, as indicated in the plan provided in the next section: Babeş-Bolyai University (BBU) Main Building (No. 1 M. Kogălniceanu Street), the Academic College (No. 1 E. de Martonne Street), the Faculty of European Studies (No. 1 E. de Martonne Street), the Faculty of Political, Administrative and Communication Sciences (FSPAC, No. 71, Traian Mosoiu Street), and the AVALON Building, home of the Department of Clinical Psychology and Psychotherapy (No.37 Republicii Street). The Academic College and the Faculty of European Studies are located at the same address.

Registration and Information

The Registration Desk and Information Desk are located in the Club Room, Faculty of European Studies (No.1, E. de Martonne Street). This is where you can pick up your congress bag and name badge. If you have any questions about the congress, you can always come here to find answers. The schedule for registration and information is:

Thursday, September 12th 07:45 – 19:00¹

Friday, September 13th 08:00 – 19:00

Saturday, September 14th 09:00 – 19:00

Sunday, September 15th 08:45 – 18:00

Congress badges

All participants are requested to wear their personal congress badges during the entire congress, including in all sessions, at the opening ceremony, in the exhibition area, and during lunch and coffee breaks. If your badge is lost, please contact the registrations desk immediately.

Certificate of attendance

In your congress bag you will find a certificate of attendance for the congress.

¹ For participants registered for pre-congress workshops 2 (Kristene Doyle), 3 (Silviu Matu & Daniel David), and 5 (Douglas Mennin & David Fresco), registration will be available at Avalon Building, no. 37 Republicii Street (only on September 12th)

For participants registered for pre-congress workshop 4 (Steve Johnson), registration will be available in room 101, Faculty of Political, Administrative and Communication Sciences, no. 71 Traian Mosoiu Street (only on September 12th)

Coffee-breaks and lunches

Coffee- breaks and lunches will take place at the Academic College Restaurant (No. 1, E. de Martonne Street), at the times specified in the program.

Language

The REBT 2019 Congress will be conducted in English. We will provide Romanian translation for some of the workshops (please see the program below for details).

On-site registration

On-site registration is possible until Friday afternoon (September 13th). The price for each participant category (onsite) is:

Standard	€300
APCCR Members	€230
Reduced fee region*	€250
Students**	€150
Accompanying person	€100
Gala dinner	€90
One day registration	€110

For information on the eligibility requirements for each category listed above, please refer to the congress website (<http://www.rebt2019.org/rebt2019/index.php>).

Registration fee for participants covers:

- Admission to the scientific activities between the 13th of September and the 15th of September, except for workshops
- Access to the exhibition area
- The conference badge and the bag with the final program and all other conference materials
- Official certificate of participation
- Access to the opening reception
- Lunches and coffee breaks

Accompanying person fee covers:

- Admission to the scientific activities between the 13th of September and the 15th of September, except for workshops
- Access to the exhibition area
- An accompanying person badge
- Access to the opening reception
- Lunches and coffee breaks

One day registration fee for participants covers:

- Admission to the scientific activities for one single day, except for workshops (workshops requires supplementary registration)
- Access to the exhibition area for one single day
- The conference badge and the bag with the final program and all other conference materials
- Official certificate of participation for one single day
- Lunches and coffee breaks for one single day

Pre-congress workshop fee covers:

- Admission to the registered pre-conference workshop on the 12th of September
- A certificate of attendance
- Lunch and coffee breaks on the 12th of September

In-congress workshop fee covers:

- Admission to the registered in-conference workshop between the 13th of September and the 15th of September
- A certificate of attendance
- Please note that accompanying persons will not be allowed in the workshop rooms for both pre-congress and in-congress workshops.

Audio and video recording

The chairs of each session will announce whether photography is allowed during a session. Attendees may not videotape or audiotape any presentations at the

congress without prior permission from the chair of the session. The organizers will occasionally video-record and take photos for the promotion of the congress.

Entrances and exits

Entrances and exits are located on the first floor.

In case of emergency

The emergency telephone number in Romania is 112. Please call 112 if there is a medical emergency, a crime being committed, or in case of fire.

Security

Please do not leave your valuables in the lecture and seminar rooms during the coffee-breaks or lunch breaks unless arrangements are made to secure the room.

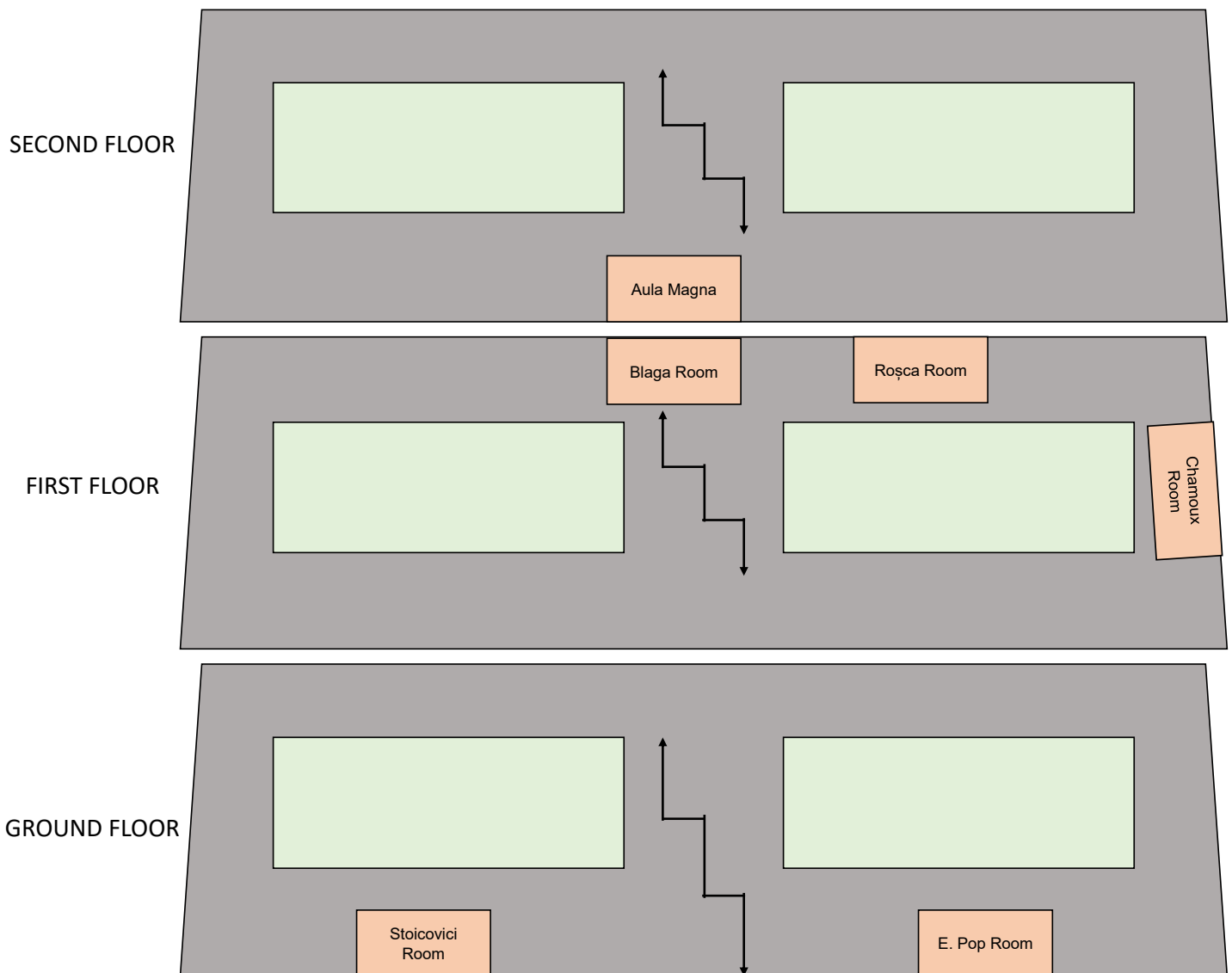
No-smoking policy

Indoors, the entire congress venue has a no-smoking policy. For smoking, go to the outdoor specially designated places.

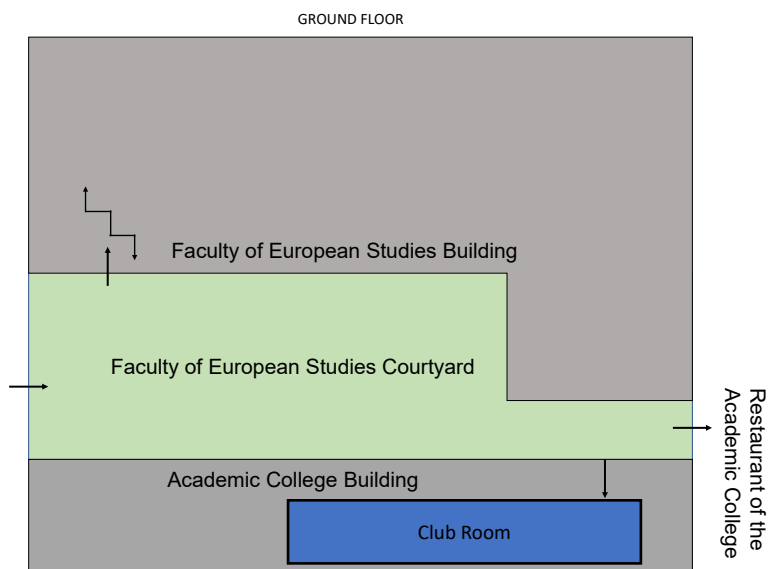
Currency/exchange

Romania's currency is RON, informally called *leu* (singular) or *lei* (plural). International major credit and debit cards are accepted in most hotels, restaurants and shops. Exchange offices and ATM machines are easily available throughout the city and at the airport.

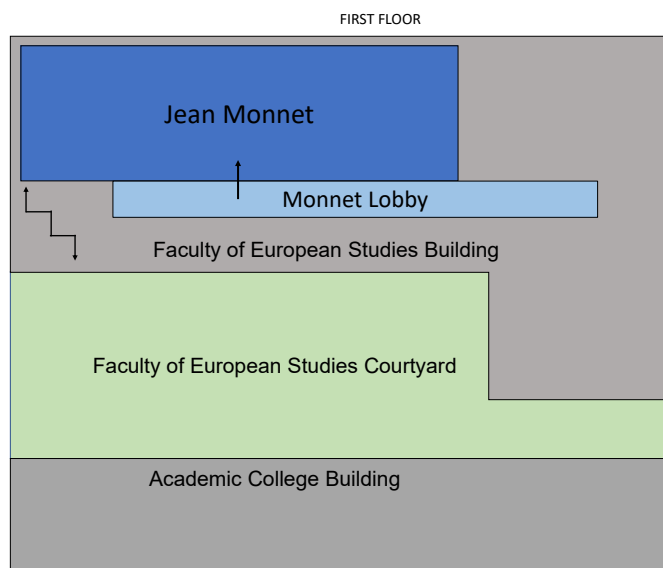
BBU Main Building



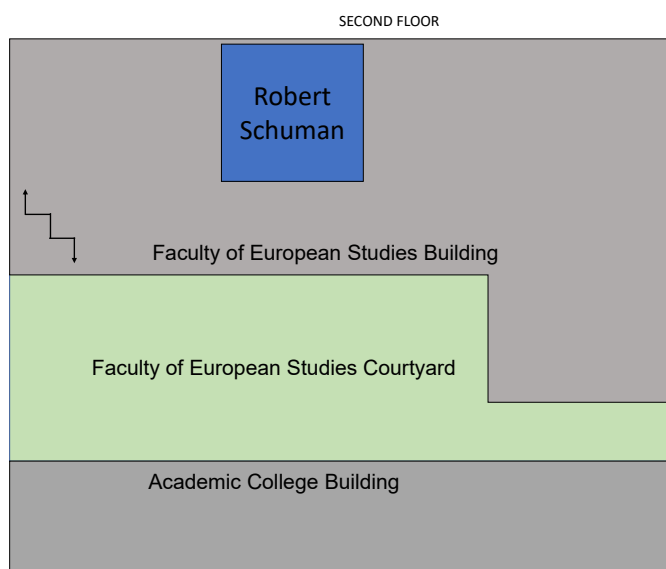
Faculty of European Studies



Faculty of European Studies



Faculty of European Studies





Outside the Congress

From the airport

You will arrive at the "Avram Iancu" International Airport, Cluj-Napoca. From there, you can take public transportation (trolleybus line 5, just outside the airport) or you can take a taxi. Taxi fares in Romania are affordable (about \$7 from the airport to the city center), and we recommend the following companies: Clima (+40-264-943), Nova (+40-264-949), Terra Fan (+40-264-944), Pritax (+40-264-942), Napoca (+40-264-953), Diesel (+40-264-946), Daniel (+ 40-264-947). Uber also operates in Cluj-Napoca (<https://www.uber.com/en-RO/cities/cluj/>), and you can also use Clever and Bolt apps.

Tourist information

Cluj-Napoca's municipal Tourist Information Center (<http://www.visitcluj.ro/>) is located on No. 6 Eroilor Street, a 5 minute walk from the buildings which serve as Congress venues. Here, you can find information regarding local attractions, leisure activities, Cluj-Napoca's touristic base (hotels, restaurants, tourist agencies etc.). Tourist maps and brochures in several international languages can also be obtained here. Also, tourist information can be found at our Information Desk.

Standard Time

The standard time in Romania is the East European Time (GMT + 2 hours).

Currency

Do I need Romanian currency during the congress?

Most shops, restaurants, hotels and other facilities accept major credit and debit cards. However, holding a small amount of Romanian currency is encouraged (taxi cabs usually collect cash, some local retailers do not accept credit card payment). Currency can be exchanged at local banks (e.g., Transilvania Bank – No. 22, Unirii Square, BRD Group Societe Generale, No. 31, Unirii Square) or exchange offices, or can be withdrawn at ATMs.

Public transportation

Public transportation networks are administered by the Public Transport Company of Cluj-Napoca (<http://ctpcj.ro/index.php/en/>), comprising buses, trolleys and tramways covering all of Cluj-Napoca. Tickets can be acquired at automatic cashiers located in most bus stations (a one-way ticket costs 2.5 RON, credit card payment is allowed). You can also pay by SMS (you can find instructions once you are in the bus). One week or 3 day-subscriptions are also available, varying between 17-41 RON, depending on the number of days and number of lines of transportation

requested. Also find *Transport Cluj-Napoca* in App Store. When planning to visit a place, also please note that most tourist attractions, as well as the conference venues are in the central area of Cluj-Napoca, within walking distance, and that taxi fares are quite low (e.g., going from the airport to the city center would cost about \$5/4.5 Euro).

Nearest pharmacies

The nearest pharmacy is called Richter and is located on No. 1 Eroilor Street, also a 5-minute walk from the congress buildings (open daily from 8.00 to 21.00). However, a number of other pharmacies are available in the close vicinity, with comparable timetables.

Nearest hospital

The nearest Emergency Room is located on No. 3-5 Clinicilor Street, at a 15 minute walk, or a 15 minute drive depending on the traffic (many streets are one way and timing is comparable). The Romanian Emergency Number is 112.

Nearest local police

The nearest Police Station (<https://cj.politiaromana.ro/>) is located on No. 43, 21st December Street, and can be reached by car in about 10 minutes or on foot in about 20 minutes starting from the main Congress venue. The Emergency Number is 112.

Somewhere calm

Cluj-Napoca's botanical garden is an oasis of peace and quiet and can be found on No. 42 Republicii Street, a 13 minute walk from the BBU main building or a 10 minute drive, considering the usual traffic. Many different religious venues are scattered throughout the center of Cluj-Napoca, in the general area surrounding the Congress (more information can be found at the Tourist Center).

Recommended taxi companies

Taxi fares may vary in Cluj-Napoca between companies, but there are a number of companies who have comparable and affordable fares. Clima (+40-264-943), Nova (+40-264-949), Terra Fan (+40-264-944), Pritax (+40-264-942), Napoca (+40-264-953), Diesel (+40-264-946), Daniel (+40-264-946) are the most common. The Uber company also operates in Cluj-Napoca (<https://www.uber.com/en-RO/cities/cluj/>). You can also use Clever and Bolt (Taxify) Apps for ordering taxis.



Social program

This section describes the scheduled social events of the Congress, but you can find additional information about places to visit on the congress website and at our Information Desk, located in the Registration section.

Friday, September 13th

Opening ceremony

The Opening ceremony will take place on Friday, September the 13th, 8.15 AM, in the BBU Aula Magna. Pre-registration is not required.

Friday, September 13th

Opening reception

The Opening reception will take place at the restaurant of the Academic College (No. 1 E. de Martonne Street), starting 20.00, with drinks and Swedish buffet. There is no charge for this event and all registered participants and their accompanying persons are welcome.

Saturday, September 14th

Gala dinner

The Gala dinner will take place on Saturday, September 14th, 20.00, at Ballroom Double Tree by Hilton (No. 9-13 Sindicatelor Street). The fee is Euro 90, and pre-registration is required. In case you have not paid the fee and you wish to attend, please contact the Registration Desk.

Sunday, September 15th

Closing ceremony

The closing ceremony will take place on Sunday, September 15th, 17.00, at Aula Magna (The Academic College Building). Participation is free and pre-registration is not required.

Events in Cluj

Additionally, you may participate in some events and activities organized outside the congress:

Guided tours of Cluj-Napoca

Don't miss the chance of discovering the fascinating history and the lively present vibe of Cluj! For **private tours**, you can contact our collaborator, Ilona Farkas, 004-0745-045453, e-mail farkasilona@yahoo.com. For private tours, a small fee is required.

Free guided tours (in English) start daily at 11 am and 6 pm, from Unirii Square (meeting point: the statue of King Matthias). No pre-registration is required.

One-day trips to the enchanting medieval towns of Transylvania, traditional rural areas and breathtaking landscapes are available during the congress and just afterwards from our partners. Please see the Social Program, Travel & Tours page on our website (<http://www.rebt2019.org/rebt2019/index.php/general-information/social-programme-travel-tours>) for details (under General Information).

Events:

Enescu Classical Music Festival: August 31st – September 22nd
<https://www.eventim.ro/en/artist/festivalul-enescu-la-cluj-napoca-2019-2010/profile.html?>

Wonderpuck Children Festival: September 13th – September 15th
<http://www.wonderpuck.eu/>

Iulius Park Movie Nights: September 13th
https://www.facebook.com/events/308481200087919/?event_time_id=308481230087916

League of the 4 | Basketball Tournament: September 14th – September 15th
<https://www.facebook.com/events/723819971409487/>

Art exhibition - Contemporary painters from Szentendre: August 16th - September 15th
<https://www.modernism.ro/2019/08/19/expozitie-pictori-contemporani-din-szentendre-muzeul-de-arta-cluj-napoca/>

For some adventure:

Transylvania eXtreme Adventures <https://txa.ro>

Rafting • Canyoning • Kayak • Paragliding • Motoparapanta • Via Ferrata • Paintball

Shooting Poligon, Laser-tag

<https://www.squadstore.ro/>

<http://www.poligondetircluj.ro/>

<http://lasertag-cluj.ro/en/> (și în eng)

<https://laserhunt.ro/>

<https://www.facebook.com/lasertagworldcluj>

Climbing, Bouldering

<https://centraladeescalada.ro/>

<https://www.facebook.com/escalada.gravity/>

<http://www.extremromania.ro/escalada.html>

Where to party

If fun is what you are looking for, we got you covered. There are many bars and clubs in Cluj-Napoca in which you can enjoy fabulous parties. These are the most popular bars & clubs of Cluj-Napoca:

Booha Bar

Location: No 19, Piezișă Street

Open: everyday, 10.00 a.m. to 2.00 a.m.

People meet here to chill and have drinks, very laidback and cool, located in a popular student area.

Caro Vintage Club

Location: No. 6 Museum Square, Cluj-Napoca

Open: everyday of the week, from 8 a.m. to 5 a.m.

They have lots of thematic parties, drinks at affordable prices and good music. The only thing you might dislike is the small place. But it's filled with fun and friendly people!

Flying Circus

Location: No. 3 Universitatii Street

Open: every day, after 7 pm

Dance and live music, parties and karaoke. Free admission on Saturday, September 14th, for Congress members! For more information, ask the Registration desk.

Euphoria Music Hall

Location: No. 2-6 Mănăştur Road, Cluj-Napoca

Open: Wednesday to Saturday, from 10 p.m. to 6 a.m.

Big space, good music, affordable prices, friendly people, what more could you ask for? One of their most popular party is Retro Night, held on Saturdays. They regularly hold concerts too!

/Form Space

Location: No. 2 Stadium Alley, Cluj-Napoca

Open: Tuesday to Saturday, from 10 p.m. to 5 a.m.

One of the newest additions to the city's nightlife is this club which promotes underground music as well as known artists. The usual genre is electronic, techno, drum'n'base, but they also held hip-hop or pop concerts.

Escape room game: The Dungeon

(<http://www.thedungeon.ro/en/>)

Location: No. 13 Petru Maior Street

Time: 3 p.m. - 10:30 p.m.

As the description on their site goes: "*If you are wondering what a room-escape game is, the answer comes as a game of imagination. Imagine that you are trapped in a dark room with some of your friends. You have 60 minutes to escape.*"

TripAdvisor says this is #3 on the Fun&Games list in Cluj-Napoca

The whole experience will take only 1 hour of your time but might remain in your memory forever)

Scientific program

Pre-congress workshops

Thursday, September 12th, from 09:00 to 18:30

Workshop 1
REBT in personality disorders:
New REBT innovative treatments

Raymond DiGiuseppe

Albert Ellis Institute and St. John's University, United States

09:00-18:30 Monnet Room, Faculty of European Studies

(also translated in Romanian)

Workshop 2
Assessment and treatment of eating
disorders: Digesting the facts

Kristene A. Doyle

Albert Ellis Institute and St. John's University, United States

09:00-18:30 Avalon Building, No. 37 Republicii Street

Workshop 3
REBT and technology: Implication
for anxious, depressive, and
psychotic symptoms

Silviu Matu & Daniel David

Babeş-Bolyai University, Romania

09:00-18:30 Avalon Building, No. 37, Republicii Street

Workshop 4
Fundamentals and new advancement in
the treatment of PTSD (REBT Treatment
of PTSD: Bridging Exposure-Based and
Present-Centered Therapies)

Steve Johnson

Albert Ellis Institute, United States

09:00-18:30 Room 101, Faculty of Political, Administrative
and Communication Sciences

(also translated in Romanian)

Workshop 5
Emotion Regulation Therapy for
worry, rumination, and other
self-referential processes I

Douglas Mennin¹ & David Fresco²

*¹ Columbia University, United States; ² Kent State University,
United States*

09:00-18:30 IP 1 Room, No. 37 Republicii Street

Workshop 6
REBT + Hypnosis for the
management of cancer-related
side-effects

Guy Montgomery

Icahn School of Medicine at Mount Sinai, United States

09:00-18:30 Schuman Room, Faculty of European Studies

List of keynotes

Integrative and Multimodal CBT: The role of REBT and its evidence-based status (in human development-optimization/ life problems-subclinical conditions/clinical conditions)

Daniel David

Babes-Bolyai University, Romania

Friday, September 13th, 9.00 – 9.50
Aula Magna, BBU Main Building



What aspects of REBT are common to all psychotherapies, common to all CBTs, and what aspects are unique?

Raymond DiGiuseppe

Albert Ellis Institute and St. John's University, United States

Friday, September 13th, 14.30 – 15.20
Aula Magna, BBU Main Building



Science and nonsense in psychotherapy: Problems and pitfalls in evaluating claims

Steven Jay Lynn

State University of New York, United States

Saturday, September 14th, 9.00 – 09.50
Aula Magna, BBU Main Building



An emotion regulation framework for emphasizing commonalities in cognitive behavior therapy

Douglas Mennin

Columbia University, United States

Saturday, September 14th, 14.30 – 15.20
Aula Magna, BBU Main Building



Look, if you had one shot or one opportunity to seize everything you ever wanted in one moment. Would you capture it or just let it slip? Single-session REBT



Windy Dryden

Goldsmiths University of London, United Kingdom

*Sunday, September 15th, 9.00 – 9.50
Aula Magna, BBU Main Building*

The role of irrational beliefs and response expectancies in cancer treatment-related side-effects

Guy Montgomery

*Icahn School of Medicine at Mount Sinai,
United States*

*Sunday, September 15th, 10.00 – 10.50
Aula Magna, BBU Main Building*



Antidepressants and the Placebo Effect: Implications for Psychotherapy



Irving Kirsch

Harvard Medical School, United States

*Sunday, September 15th, 15.30 – 16.20
Aula Magna, BBU Main Building*

REBT training from a global perspective: How we have evolved and continue to grow

Kristene A. Doyle

*Albert Ellis Institute and St. John's University,
United States*

*Sunday, September 15th, 16.30 – 17.20
Aula Magna, BBU Main Building*



In-congress workshops

Friday, September 13th

Workshop 1 - Fundamentals of Smart Recovery for substance-related and addictive disorders (also translated in Romanian)

Michler Bishop

Albert Ellis Institute, United States

10.00 – 13.30 Monnet Room, Faculty of European Studies

Workshop 2 - The Assessment, Diagnosis, and Treatment of Anger Disorders

Raymond DiGiuseppe

Albert Ellis Institute and St. John's University, United States

10.00 – 13.30 E. Pop Room, BBU Main Building

Workshop 3: Using REBT in Single-Session, One-at-a-time Therapy (also translated in Romanian)

Windy Dryden

Goldsmiths University of London, United Kingdom

15.30 – 19.00 Monnet Room, Faculty of European Studies

Workshop 4: Advancements in science and practice: RE&CBT treatment strategies for anxiety disorders

Michael Hickey

Albert Ellis Institute, United States

15.30 – 19.00 E. Pop Room, BBU Main Building

Saturday, September 14th

Workshop 5: Clinical applications of the continuing bonds with the deceased: The ABC of facilitating healthy grief

Ruth Malkinson

Tel Aviv University, Israel

10.00 – 13.30 E. Pop Room, BBU Main Building

Workshop 6: REBT with Couples: Practical Applications and Innovative Interventions (also translated in Romanian)

Ann Vernon

Albert Ellis Institute, United States

10.00 – 13.30 Monnet Room, Faculty of European Studies

Workshop 7: Reaction, counter-action, and resistance in psychotherapy (also translated in Romanian)

Arthur Freeman

Touro College New York, United States

15.30 – 19.00 Monnet Room, Faculty of European Studies

Workshop 8: Emotion Regulation Therapy for worry, rumination, and other self-referential processes II

Douglas Mennin¹ & David Fresco²

¹ Columbia University, United States; ² Kent State University, United States

15.30 – 19.00 Chamoux Room, BBU Main Building

Sunday, September 15th

Workshop 9: Promoting Prevention: Rational Emotive Education in School Settings (also translated in Romanian)

Ann Vernon & Shishir Palsapure

Albert Ellis Institute, United States

11.15 – 14.30 Monnet Room, Faculty of European Studies

Daily program

Thursday, September 12th

	Monnet Room	Avalon Building	Avalon Building	Room 101, FSPAC	IP 1 Room	Schuman Room
09:00 - 11:00	Pre-Congress Work-shop 1	Pre-Congress Work-shop 2	Pre-Congress Work-shop 3	Pre-Congress Work-shop 4	Pre-Congress Work-shop 5	Pre-Congress Work-shop 6
11:00-11:30	Coffee break					
11:30 - 13:30	Pre-Congress Work-shop 1	Pre-Congress Work-shop 2	Pre-Congress Work-shop 3	Pre-Congress Work-shop 4	Pre-Congress Work-shop 5	Pre-Congress Work-shop 6
13:30-14:30	Lunch					
14:30 - 16:30	Pre-Congress Work-shop 1	Pre-Congress Work-shop 2	Pre-Congress Work-shop 3	Pre-Congress Work-shop 4	Pre-Congress Work-shop 5	Pre-Congress Work-shop 6
16:30-17:00	Coffee break					
17:00 - 18:30	Pre-Congress Work-shop 1	Pre-Congress Work-shop 2	Pre-Congress Work-shop 3	Pre-Congress Work-shop 4	Pre-Congress Work-shop 5	Pre-Congress Work-shop 6

For details on each event, check the following pages.

Pre-Congress Workshop 1: REBT in personality disorders: New REBT innovative treatments

Raymond DiGiuseppe (USA)

09:00-18:30 (also translated in Romanian) Monnet Room, Faculty of European Studies

Pre-Congress Workshop 2: Assessment and treatment of eating disorders: Digesting the fact

Kristene A. Doyle (USA)

09:00-18:30 Avalon Building

Pre-Congress Workshop 3: REBT and technology: Implication for anxious, depressive, and psychotic symptoms

Silviu Matu (Romania) & Daniel David (Romania)

09:00-18:30 Avalon Building

Pre-Congress Workshop 4: Fundamentals and new advancement in the treatment of PTSD (REBT Treatment of PTSD: Bridging Exposure-Based and Present-Centered Therapies)

Steve Johnson (USA)

09:00-18:30 (also translated in Romanian) Room 101, Faculty of Political, Administrative and Communication Sciences

Pre-Congress Workshop 5: Emotion Regulation Therapy for worry, rumination, and other self-referential processes I

Douglas Mennin (USA) & David Fresco (USA)

09:00-18:30 IP 1 Room, Republicii Street No. 37

Pre-Congress Workshop 6: REBT + Hypnosis for the management of cancer-related side-effects

Guy Montgomery (USA)

09:00-18:30 Schuman Room, Faculty of European Studies

Aula Magna						
08:15 - 09:00	Opening ceremony / AEI Awards Public Ceremony					
	Aula Magna	Blaga Room	Rosca Room	Chamoux Room	Monnet Room	E. Pop Room
09:00 - 09:50	Keynote 1					
10:00 - 11:30		Symposium 2	Symposium 5	Symposium 7	Workshop 1	Workshop 2
11:30-12:00 Coffee break						
	Aula Magna	Blaga Room	Rosca Room	Chamoux Room	Monnet Room	E. Pop Room
12:00 - 13:30		Symposium 4	Symposium 6	Symposium 8	Workshop 1	Workshop 2
13:30-14:30 Lunch - Restaurant of the Academic College						
	Aula Magna	Blaga Room	Rosca Room	AVALON Building	Monnet Room	E. Pop Room
14:30 - 15:20	Keynote 2					
15:30 - 17:00	Meet the Experts	Methodological Symposium 11		Symposium 9	Workshop 3	Workshop 4
17:00-17:30 Coffee break						
	Aula Magna	Blaga Room	Rosca Room	Chamoux Room	Monnet Room	E. Pop Room
17:30 - 19:00		Methodological Symposium 11	Symposium 10	Open Symposium 7	Workshop 3	Workshop 4
BBU Main Building						
19:00 - 20:00	"The Classics" in Romanian Psychology: Florian Ștefănescu-Goangă					
20:00	Welcome reception					

Opening ceremony

8.15-9.00 Aula Magna, BBU Main Building

AEI Awards Public Ceremony

Albert Ellis Award for Research - Presented by Daniel David and Raymond DiGiuseppe

Lifetime Science Award: Professor, M.D., Ph.D., Aaron T. Beck & Professor, Ph.D., Donald Meichenbaum

2019 Albert Ellis Award for Research (to be announced)

Albert Ellis Humanitarian Award - Presented by Ann Vernon & Kristene A. Doyle

The 2019 winner: Professor, M.D., Ph.D., Aaron T. Beck & Dr. James McMahon

Keynote 1

David Daniel

Integrative and Multimodal CBT: The role of REBT and its evidence-based status (in human development-optimisation/life problems-subclinical conditions/clinical conditions)

9.00-9.50 Aula Magna, BBU Main building

Symposium 2: REBT and Cross-Cultural Psychology

10.00-11.20 Blaga Room, BBU Main Building (maximum 80 minutes; each presentation maximum 15 minutes):

Murat Artiran & Mircea Comşa- Co-Chairs

Murat Artiran

Rational Psychology - The Affiliated Center of Albert Ellis Institute – Turkey

Unconditional Acceptance and Sufism

Monica Bianca Bartucz

Babeş-Bolyai University, Cluj-Napoca, Romania

**Dysfunctional Thinking in Major Depressive Disorder.
A Culture-Moderated Meta-Analysis.**

Simona Ştefan, Daniel David

Babeş-Bolyai University, Cluj-Napoca, Romania

CBT/REBT in a cross-cultural framework: a new research paradigm

Shishir Palsapure & Navneet Kaur

Morphic Minds, India

Preventive Emotional Education in Indian schools

Symposium 5: Genetics, Neurobiological Underpinnings of Rational, Irrational Beliefs: Emerging Findings

10.00-11.30 Roșca Room, BBU Main Building (maximum 90 minutes; each presentation maximum 15 minutes):

Andrei Miu & Aurora Szentagotai - Co-Chairs

**Presenters: Ioana Cristea (Romania/USA) /Daniel David (Romania)/
Claudio Gentili (Italy) /Ruben Nechifor (Romania) /Pietro Pietrini (Italy)**

10.00-11.30 Based on the research infrastructure and grants of the International Institute for Psychotherapy and Applied Mental Health (www.psychotherapy.ro)

Symposium 7: Using Humor and Metaphors in REBT, CBT

10.00-11.30 Chamoux Room, BBU Main Building (maximum 90 minutes; each presentation maximum 15 minutes):

Dmitrii Kovpack – Chair

Windy Dryden (UK)

Goldsmiths College, University of London, United Kingdom

Humor and metaphor; using humor to alter and irrational thoughts and patterns

Arthur Freeman

Touro College School of Health Sciences, United States

Fables and culture in CBT

Mark Gilson

Atlanta Center for Cognitive Therapy

Music and Folksongs in CBT treatment

Jane Yates

Cumbria University, United Kingdom

Humor jokes and the unconscious; A classic Freudian perspective as a point of comparison

Dmitrii Kovpack

Association for Cognitive and Behavioral Psychotherapy, St. Petersburg, Russia

Using humor and metaphors in REBT and CBT. Socrates, V. Frankl, A. Ellis

Workshop 1: Fundamentals of Smart Recovery for substance-related and addictive disorders

Michler Bishop

10.00-13.30 Monnet Room, Faculty of European Studies (3.5 hours total duration with coffee break in between; also translated in Romanian)

Workshop 2: The Assessment, Diagnosis, and Treatment of Anger Disorders

Raymond DiGiuseppe

10.00-13.30 E. Pop Room, BBU Main Building (3.5 hours total duration, with coffee break in between)

Symposium 4: The Practice and Training of REBT Across Cultures: Status and Considerations

12.00-13.30 Blaga Room, BBU Main Building (maximum 90 minutes; each presentation maximum 15 minutes):

María Celeste Airaldi & Natalia Ferrero Delgado – Co-Chairs

Márcia Verônica de Paiva Machado

TRECRJ, Brazil

Naming emotions across Latin America: Considerations for the REBT conceptualization of emotions

María Celeste Airaldi

Sensorium, An Albert Ellis Institute affiliated training center, Paraguay

Common Errors in REBT Practitioners in Latin America: A quantitative study.

Minerva Cazares Escalera

CPPCM, An Albert Ellis Institute affiliated training center, Mexico

The Practice of REBT in Latin America: What clinical strategies are most used by REBT, CBT practitioners?

Natalia Ferrero Delgado

Psicotrec, An Albert Ellis Institute affiliated training center, Peru

Considerations to enhance trainings: A culturally fitted REBT & CBT practice.

Symposium 6: Rational Emotive Cognitive-Behavioral Coaching: Present and Future

12.00-13.30 Roşca Room, BBU Main Building (maximum 90 minutes; each presentation maximum 15 minutes):

Oana David, Windy Dryden & Arthur Freeman - Co-chairs

Windy Dryden

Goldsmiths College, University of London, United Kingdom

Roots and distinctive features of RE-CBC

Cristina Lorinț

Babeş-Bolyai University, Romania

Does cognitive-behavioral coaching work? A meta-analysis

Loana Comșa

Babeș – Bolyai University, Romania

Models and general factors as mechanisms in RE-CBC. Is solution-CBC better than classic CBC?

Tijana Ćirković Higl, Zorica Maric

REBT Affiliated Training Center of Albert Ellis Institute, Serbia

The effects of solution-focused and problem-focused coaching questions with setting approach and avoidance goals in RE&CBC

Arthur Freeman

Touro College School of Health Sciences, United States

Prescriptive executive coaching

Oana David

Babeș-Bolyai University, Romania

The future of RE-CBC: strengths and challenges

Symposium 8: REBT with Women: What the Research and Practice Tell Us

12.00-13.30 Chamoux Room, BBU Main Building (maximum 90 minutes; each presentation maximum 15 minutes)

Monica O'Kelly – Chair

Monica O'Kelly

*The University of Melbourne, Australia
Monash University, Australia
CBT Australia, Australia*

Kathryn Gilson

*Monash University, Australia
CBT Australia, Australia*

REBT and Women: Guidelines, Assessment, and Strategies

Bronwyn Tarrant,

*The University of Melbourne, Australia
Monash University, Australia
CBT Australia, Australia*

Kathryn Gilson

*Monash University, Australia
CBT Australia, Australia*

Practicing REBT with women: An N=1 Study

Kathryn Gilson

*Monash University, Australia
CBT Australia, Australia*

Bronwyn Tarrant

*Monash University, Australia
CBT Australia, Australia
The University of Melbourne, Australia*

Sex-role Beliefs, Multirole Women, Stress.

Monica O'Kelly

*The University of Melbourne, Australia
Monash University, Australia
CBT Australia, Australia*

Multi role women: Their beliefs, stress and well-being

Montse Rovira

University of Deusto, Bilbao, Spain

Leonor Lega

Psychology Department. Saint Peter's College. Jersey City, United States

Izaskun Orue

University of Deusto, Bilbao, Spain

Validation of the O'Kelly Women's Beliefs Scale (OBWS) in Spain

Keynote 2

Raymond DiGiuseppe

What aspects of REBT are common to all psychotherapies, common to all CBTs, and what aspects are unique?

14.30-15.20 Aula Magna, BBU Main Building

Workshop 3: Using REBT in Single-Session, One-at-a-time Therapy

Windy Dryden

15.30-19.00 Monnet Room, Faculty of European Studies (3,5 hours; also translated in Romanian)

Workshop 4: Advancements in science and practice: RE&CBT treatment strategies for anxiety disorders

Michael Hickey

15.30-19.00 E. Pop Room, BBU Main Building

Meet the Experts: Kristene A. Doyle & Arthur Freeman (Moderator: Daniel David)

15.30-17.00 Aula Magna, BBU Main Building

Variations of CBTs

It will be a public demonstration, in which the same case will be approached by different versions of CBT, followed by a discussion. Comments will be taken from the audience.

Kristene A. Doyle

Rational Emotive Behavior Therapy (REBT)

Arthur Freeman

Cognitive therapy (CT)

Symposium 9: REBT and Technology

15.30-17.00 AVALON Building (maximum 90 minutes; each presentation maximum 15 minutes)

Silviu Matu – Chair

Presenters: Daniel David (Romania) / Oana David (Romania) / Anca Doborean (Romania) / Aurora Szentagotai (Romania)

Based on research infrastructure, grants of the International Institute for Psychotherapy and Applied Mental Health (<http://www.psychotherapy.ro>)

Methodological Symposium 11: REBT and New Methodological Developments

15.30-19.00 Blaga Room, BBU Main Building, (120 minutes total Symposium time, breaks not included)

Guy Montgomery – Chair

*Icahn School of Medicine at Mount Sinai, United States
Department of Population Health Science and Policy, New York, USA*

Robert Balazsi

Babeş-Bolyai University, Cluj-Napoca, Romania

REBT and new developments in SEM (30 minutes)

Ioana Cristea

Babeş-Bolyai University, Cluj-Napoca, Romania

Individual patient data meta-analysis (30 minutes)

Daniel David

*Babeş-Bolyai University, Cluj-Napoca, Romania
Icahn School of Medicine at Mount Sinai, United States*

Big data (data mining, networks analyses) (20 minutes)

Silviu Matu

Babeş-Bolyai University, Cluj-Napoca, Romania

From case analyses to complex single case experiments (20 minutes)

Julie Schnur

Icahn School of Medicine at Mount Sinai, United States

Qualitative methods - Trainee challenges in applying REBT to cancer: A qualitative study (15 minutes)

Each presentation will point to the fundamentals of the method, examples (REBT, CBT, Clinical, if possible), why it is important for REBT research, and resources (e.g., how to get more training in using it)

Symposium 10: Reflections of RE&CBT Training Strategies

Monica O'Kelly – Chair

17.30-19.00 Roşca Room, BBU Main Building (maximum 90 minutes; each presentation maximum 15 minutes)

Monica O'Kelly

*The University of Melbourne, Australia
Monash University, Australia
CBT Australia, Australia*

James Collard

*The University of Melbourne, Australia
Monash University, Australia
CBT Australia, Australia
Cairnmillar Institute, Melbourne, Australia*

Bronwyn Tarrant

The University of Melbourne, Australia

Reflections of RE&CBT training strategies

Monica O'Kelly

*The University of Melbourne, Australia
Monash University, Australia
CBT Australia, Australia*

James Collard

*The University of Melbourne, Australia
Monash University, Australia
CBT Australia, Australia
Cairnmillar Institute, Melbourne, Australia*

Bronwyn Tarrant

The University of Melbourne, Australia

Benefits participants get from real-plays

Bronwyn Tarrant

The University of Melbourne, Australia

Monica O'Kelly

*The University of Melbourne, Australia
Monash University, Australia
CBT Australia, Australia*

James Collard

*The University of Melbourne, Australia
Monash University, Australia
CBT Australia, Australia
Cairnmillar Institute, Melbourne, Australia*

Testing the Test – Enriching the Learning and Teaching Utility of the REBT Quiz

Bronwyn Tarrant

The University of Melbourne, Australia

James Collard

*The University of Melbourne, Australia
Monash University, Australia
CBT Australia, Australia
Cairnmillar Institute, Melbourne, Australia*

The scholarship of LFT exercises and shame attacks

James Collard

*The University of Melbourne, Australia
Monash University, Australia
CBT Australia, Australia
Cairnmillar Institute, Melbourne, Australia*

The application of the self-practice, self-reflection principles to shame attack and LFT exercises for CBT trainees

Open Symposium 7: REBT, CBT, and couples

Paul DePompo – Chair

17:30-19:00 Chamoux Room, BBU Main Building (90 minutes; each presentation maximum 15 minutes)

Paul DePompo

CBTI of Southern California, United States

When “stuck” with an unavailable partner, a 6-session integrative REBT and CT approach for the other woman.

Ionuț-Stelian Florean

Babeș-Bolyai University, Cluj-Napoca, Romania

Costina Ruxandra Păsărelu

Babeș-Bolyai University, Cluj-Napoca, Romania

Can couple satisfaction be enhanced through a brief online Rational Emotive Behavior Therapy-based intervention?

Asira Chirmuley

Clinical Psychologist and REBT therapist

Examining the effectiveness of Gottman seven principles workshop and REBT on improving marital satisfaction and couple's intimacy

Costina Ruxandra Păsărelu

Babeș-Bolyai University, Cluj-Napoca, Romania

Negative dysfunctional emotions and couple satisfaction

Ana-Maria Ceban

Babeș-Bolyai University, Cluj-Napoca, Romania

The relationship between irrational beliefs and couple satisfaction in university students

**"The Classics" in Romanian Psychology: Florian Ștefănescu-Goangă
(Founder of Cluj-Napoca School of Psychology and Romanian Experimental Psychology)**

19.00-20.00 BBU Main Building

Welcome Reception

20.00 Restaurant of the Academic College

Saturday, September 14th

	Aula Magna	Blaga Room	Rosca Room	Chamoux Room	Monnet Room	E. Pop Room
09:00 - 09:50	Keynote 3					
10:00 - 11:30		Open Symposium 9	Open Symposium 1	Open Symposium 3	Workshop 6	Workshop 5
11:30-12:00 Coffee break						
		Blaga Room	Rosca Room	Chamoux Room	Monnet Room	E. Pop Room
12:00 - 12:30		Open Symposium 9	Open Symposium 4	Open Symposium 3	Workshop 6	Workshop 5
12:30 - 13:30		Symposium 3		Applied Symposium 3		
13:30-14:30 Lunch - Restaurant of the Academic College						
	Aula Magna	Blaga Room	Rosca Room	Chamoux Room	Monnet Room	E. Pop Room
14:30 - 15:20	Keynote 4					
	Aula Magna	Monnet Lobby	Rosca Room	Chamoux Room	Monnet Room	E. Pop Room
15:30 - 17:00	Round Table REBT Research	Poster session	Open Symposium 5	Workshop 8	Workshop 7	
17:00-17:30 Coffee break						
	Stoicovici Room	Blaga Room	Rosca Room	Chamoux Room	Monnet Room	E. Pop Room
17:30 - 19:00	Director of affiliated centers Meeting	Applied Symposium 1	Applied Symposium 2	Workshop 8	Workshop 7	Open Symposium 6
20:00 - 22:30	Gala Dinner					

Keynote 3

Steven Jay Lynn

Science and nonsense in psychotherapy: Problems and pitfalls in evaluating claims

9.00-9.50 Aula Magna, BBU Main Building

Open Symposium 1: REBT, CBT and Assessment

Chrysoula Kostogiannis, Raymond DiGiuseppe – co-chairs

10.00-11.30 Roşca Room, BBU Main Building (80 minutes; each presentation maximum 15 minutes)

Chrysoula Kostogiannis, Demetris Katsikis

Institute for Rational-Emotive and Cognitive Behavior Therapy, Hellas, Greece

The current status of REBT assessment on (ir)rational beliefs: The example of Attitudes and Beliefs Scale 2 as a valid tool for beliefs assessment

Raymond DiGiuseppe

*St. John's University, United States
The Albert Ellis Institute, United States*

Bernard Gorman

Adelphi University, United States

Joanne Raptis

Adelphi University, United States

The factor structure of the Attitudes and Beliefs Scale 2: Implications for Rational Emotive Behavior Therapy

Demetris Katsikis

Institute for Rational-Emotive and Cognitive Behavior Therapy, Hellas, Greece

Chrysoula Kostogiannis

Institute for Rational-Emotive and Cognitive Behavior Therapy, Hellas, Greece

Zoe Lioliou

Institute for Rational-Emotive and Cognitive Behavior Therapy, Hellas, Greece

Raymond DiGiuseppe

*St. John's University, United States
The Albert Ellis Institute, United States*

Construct validity of the full ABS 2 Scale through confirmatory factor analysis: Data from a Hellenic sample and clinical implications

Murat Artiran

Rational Psychology - The Affiliated Center of Albert Ellis Institute – Turkey

A Turkish translation of a measure of irrational and rational beliefs (TABS): Reliability, validity studies, and confirmation of the four-cognitive-processes model of REBT

Lence Miloseva, Dijana Miloseva

*Faculty of Medical Sciences, Goce Delcev University, Stip, North Macedonia
Medical faculty, Ss.Cyril and Methodius, Skopje, North Macedonia*

Characteristics of the North Macedonian Attitudes and Belief Scale 2

Open Symposium 3: REBT,CBT for Major, Difficult Clinical Conditions

Adenkunle G. Ahmed, Mariusz Wirga – co-chairs

10.00-12.20 Chamoux Room, BBU Main Building (110 minutes; each presentation maximum 15 minutes)

Adenkunle G. Ahmed

Centre for Rational and Cognitive Behavior Therapies, The University of Ottawa

Evaluation of Rational Emotive Behavior Therapy based substance use treatment program for forensic psychiatric inpatients

Radu Șoflău

Babeș-Bolyai University, Cluj-Napoca, Romania

REBT and psychoses: Conceptualization, treatment, and preliminary data

Mihaela Fadgvas Stănculete

Iuliu Hațieganu University of Medicine and Pharmacy, Cluj Napoca, Romania

Using REBT in the pharmacotherapy treatment of schizophrenia patients

Cristina Pojoga

Iuliu Hațieganu University of Medicine and Pharmacy, Cluj Napoca, Romania

Using REBT in the medical treatment of (major) psychosomatic conditions (in clinical health psychology, behavioral medicine)

Paula Stroian

Babeș-Bolyai University, Cluj-Napoca, Romania

REBT and difficult personality disorders

Mariusz Wirga

*MemorialCare Todd Cancer Institute
Department of Psychiatry, Keck School of Medicine, University of Southern California,
Los Angeles, California, USA*

Michael DeBernardi

The Life Link - Community Mental Health Center, Santa Fe, New Mexico, USA

Aleksandra Wirga

Wellness Psychiatry, Inc., Long Beach, California, USA

Agnieszka Hottowy

Pracownia Racjonalnej Terapii Zachowania

**Integrating Maultsby's Rational Behavior Therapy into your CBT practice
for the benefit of your most "difficult" or "resistant" patients**

Michael DeBernardi

The Life Link - Community Mental Health Center, Santa Fe, New Mexico, USA

Mariusz Wirga

MemorialCare Todd Cancer Institute

Aleksandra Wirga

*Department of Psychiatry, Keck School of Medicine, University of Southern California, Los
Angeles, California, USA*

**Utilizing Maultsby's Rational Behavior Therapy (RBT) as a foundational
component in the treatment of human trafficking survivors**

Open Symposium 9: Cognitive Sensitivity to Anxiety and Depression

Zorica Marić – chair

*10.00-12.30 Blaga Room, BBU Main Building (first part: 90 minutes; each presentation maximum 15 minutes, second part 30
minutes; each presentation maximum 15 minutes)*

Zorica Marić

REBT center, Serbia

Nikola Petrović

*Association of Cognitive Behavioral Therapies of Serbia
Faculty of Philosophy, Department of Psychology, Belgrade*

Prospective longitudinal study of depressive sensitivity

Ivana Peruničić Mladenović

Institute of Mental Health, Serbia

Zorica Marić

REBT center, Serbia

Nikola Petrović

*Association of Cognitive Behavioral Therapies of Serbia
Faculty of Philosophy, Department of Psychology, Belgrade*

Irrational beliefs, automatic thoughts and early traumatic experiences in psychotic and nonpsychotic forms of Major Depressive Disorder

Tatjana Vukosavljević Gvozden

Department of Psychology, University of Belgrade, Serbia

Ivana Peruničić Mladenović

Institute of Mental Health, Serbia

Does the process of maturing decrease the intensity of irrationality: the difference between depressive and non-depressive persons

Stefan Dimić

Association of Cognitive Behavioral Therapies of Serbia

Nikola Petrović

*Association of Cognitive Behavioral Therapies of Serbia
Faculty of Philosophy, Department of Psychology, Belgrade*

Relationship between low frustration tolerance, emotional intelligence, and personality traits associated with depression

Borjanka Batinić

Department of Psychology, Faculty of Philosophy, University of Belgrade

Barbara Kecman

Department of Psychology, Faculty of Philosophy, University of Belgrade

Depression and anxiety factors as a predictors of suicidal ideation in patients diagnosed with major depressive disorder

Helena Rosandić

Public Health Institute General Hospital Niksic, Montenegro

Tatjana Vukosavljević Gvozden

Department of Psychology, Faculty of Philosophy, University of Belgrade, Serbia

Cognitive sensitivity to anxiety in a sample of subjects diagnosed with depression and anxiety

Lence Miloseva

Faculty of Medical Sciences, Goce Delcev University, Stip, North Macedonia

Tatjana Vukosavljevic Gvozden

Department of Psychology, Faculty of Philosophy, University of Belgrade, Serbia

Zorica Maric

REBT center, Serbia

The role of cognitive vulnerability factors in occurrence and distinguishing of clinical and subclinical depression in adolescence

Workshop 5: Clinical applications of the continuing bonds with the deceased: The ABC of facilitating healthy grief

Ruth Malkinson

10.00-13.30 E. Pop Room, BBU Main Building (3.5 hours)

Workshop 6: REBT with Couples: Practical Applications and Innovative Interventions

Ann Vernon

10.00-13.30 Monnet Room, Faculty of European Studies (3.5 hours; also translated in Romanian)

Open Symposium 4: REBT, CBT and emotional disorders

Simona Ștefan - chair

12.00-13.30 Roșca Room, BBU Main Building (90 minutes; each presentation maximum 15 minutes)

Simona Ștefan

Babeș-Bolyai University, Cluj-Napoca, Romania

Contrasting various Cognitive-Behavioral Therapy (CBT) approaches - REBT, CT, ACT - for Generalized Anxiety Disorder: A randomized clinical trial

Ioana Podină

University of Bucharest, Romania

Andreea Vîslă

University of Zurich, Switzerland

Liviu Fodor

Babeș-Bolyai University, Cluj-Napoca, Romania

Christoph Flückiger

University of Zurich, Switzerland

A sleeper effect investigation of exposure-based vs. cognitive-only intervention for anxiety disorders: A longitudinal multilevel meta-analysis

Diana Cîndea

Babeş-Bolyai University, Cluj-Napoca, Romania

Shame-proneness and its association with global evaluations: A longitudinal study

Stella Kassapis

Institute for Rational-Emotive and Cognitive Behavior Therapy, Hellas, Greece

Natalia Maravegias

Institute for Rational-Emotive and Cognitive Behavior Therapy, Hellas, Greece

Demetris Katsikis

Institute for Rational-Emotive and Cognitive Behavior Therapy, Hellas, Greece

Chrysoula Kostogiannis

Institute for Rational-Emotive and Cognitive Behavior Therapy, Hellas, Greece

Testing the role of the frustration intolerance construct in the ABC model in Hellenic adults

Alexandru Zorilă

Babeş-Bolyai University, Cluj-Napoca, Romania

Oana David

Babeş-Bolyai University, Cluj-Napoca, Romania

Does dysfunctional pride lead to impaired performance on analytic task and increase risky behaviour?

Chrysoula Kostogiannis

Institute for Rational-Emotive and Cognitive Behavior Therapy, Hellas, Greece

Demetris Katsikis

Institute for Rational-Emotive and Cognitive Behavior Therapy, Hellas, Greece

Sofia Arkalis

Institute for Rational-Emotive and Cognitive Behavior Therapy, Hellas, Greece

Steven Hollon

Vanderbilt University, United States

Initial validation of the ABC model of REBT in a Hellenic sample: The differential role of automatic thoughts

Symposium 3: A Cross-Cultural Redefinition of Rational Emotive & Cognitive Therapy. How RE & CBT differ in the Middle East, Italy, and the United States

Raymond DiGiuseppe - Chair

12.30-13.15 Blaga Room, BBU Main Building (maximum 45 minutes; each presentation maximum 15 minutes)

Raymond DiGiuseppe

*St. John's University, United States
The Albert Ellis Institute, United States*

REBT in the Country of Origin: Aspects of American Culture Found In REBT

Murat Artiran

Rational Psychology - The Affiliated Center of Albert Ellis Institute – Turkey

In the Middle East: A Cross-Cultural Redefinition of Rational-Emotive and Cognitive Behavior Therapy

Giovanni Maria Ruggiero

*Sigmund Freud University, Milan, Italy and Wien, Austria
Studi Cognitivi, Cognitive Psychotherapy School and Research Center, Milan, Italy*

Practicing REBT in Italy: Cultural Aspects

Applied Symposium 3: REBT In Pastoral Counseling: New Advancements

Steve Johnson¹ - Chair

Albert Ellis Institute, New York, United States

12.30-13.15 Chamoux Room, BBU Main Building (maximum 45 minutes)

Daniel David^{2,3},

*Babeş-Bolyai University, Cluj-Napoca, Romania
Icahn School of Medicine at Mount Sinai, United States*

Bianca Macavei¹,

Babeş-Bolyai University, Cluj-Napoca, Romania

Adrian Opre¹

Babeş-Bolyai University, Cluj-Napoca, Romania

Keynote 4

Douglas Mennin

An emotion regulation framework for emphasizing commonalities in cognitive behavior therapy

14.30-15.20 Aula Magna, BBU Main Building

Workshop 7: Reaction, counter-action, and resistance in psychotherapy

Arthur Freeman:

15.30-19.00 Monnet Room, Faculty of European Studies (also translated in Romanian, 3.5 hours)

Workshop 8: Emotion Regulation Therapy for worry, rumination, and other self-referential processes II

Douglas Mennin & David Fresco

15.30-19.00 Chamoux Room, BBU Main Building (3.5 hours)

Round Table– REBT Research

Daniel David, Raymond DiGiuseppe, Irving Kirsch, Steven Jay Lynn, Douglas Mennin, Guy Montgomery

15.30-17.00 Aula Magna, BBU Main Building

The directors of the affiliated training centers are invited to contribute/participate. The round table will cover the following topics:

- Research on assessment of irrational and rational beliefs (IBs/RBs)
- Research on the relationship between IBs and RBs on psychological functioning
- Research on the REBT hypothesized mechanisms of change
- REBT efficacy and effectiveness studies
- REBT in the general context of psychological/mental health research (from neurogenetics to cross-cultural)
- Other relevant topics

Open Symposium 5: REBT in gambling: research and practice

Viorel Lupu – Chair

15.30-16.15 Roșca Room, BBU Main Building (45 minutes; each presentation maximum 15 minutes)

Viorel Lupu

Iuliu Hatieganu University of Medicine and Pharmacy, Romania

The role of irrational cognitions in the appearance and maintenance of problem gambling with applications in psychotherapy

Ramona Lupu

Center of Mental Health for Children and Adolescents Cluj-Napoca, Romania

The importance of rational emotive and behavioral education in the prophylaxis of problem gambling in children and adolescents

Carmen Soancă

ELF Highschool, Cluj-Napoca, Romania

Can Rational Emotive Behavior Therapy be effectively used for gambler's family?

Poster session

15.30-17.00 Monnet Lobby

Director of affiliated centers Meeting

Reserved for affiliated centres representatives

15.30-17.00 Stoicovici Room

Applied Symposium 1: Maultsby's Group Rational Behavior Therapy – Practice in Effectively Addressing Spiritual, Religious, Existential, and Philosophical Beliefs

Mariusz Wirga (Poland,USA) - Chair

MemorialCare Todd Cancer Institute, Poland

Michael DeBernardi

The Life Link - Community Mental Health Center, Santa Fe, New Mexico, USA

Aleksandra Wirga

Department of Psychiatry, Keck School of Medicine, University of Southern California, Los Angeles, California, USA

17.30-19.00 Blaga Room, BBU Main Building (maximum 90 minutes)

Applied Symposium 2: Rational Emotive Education - SELF-KIT: A Preventive – Curative Program For School Settings

Adrian Opre – Chair

Babeş-Bolyai University, Cluj-Napoca, Romania

Ramona Buzgar

Babeş-Bolyai University, Cluj-Napoca, Romania

Bianca Macavei

Babeş-Bolyai University, Cluj-Napoca, Romania

17.30-19.00 Roşca Room, BBU Main Building (maximum 90 minutes)

Open Symposium 6: REBT, CBT for Parenting and Children

Demetris Katsikis, Ruth Malkinson – co-chairs

17.30-19.00 E. Pop Room, BBU Main Building (90 minutes; each presentation maximum 15 minutes)

Nira Shmueli

*Bar-Ilan University, Israel.
Israeli Center of REBT, Affiliated Center of AEI New York.*

Ruth Malkinson

*Israeli Center of REBT, Affiliated Center of AEI New York.
International Center for the Study of Loss Bereavement and Resilience, University of Haifa*

Relationship between thinking patterns, rational and irrational, and emotional adjustment: Similarities between parents and their children

Demetris Katsikis

Institute for Rational-Emotive and Cognitive Behavior Therapy, Hellas, Greece

Doira Anagnostellos

Institute for Rational-Emotive and Cognitive Behavior Therapy, Hellas, Greece

Chrysoula Kostogiannis

Institute for Rational-Emotive and Cognitive Behavior Therapy, Hellas, Greece

The role of parental (ir)rational beliefs in the relations among parental self-efficacy, anger and parenting style, strategies Oana David

Babeş-Bolyai University, Cluj-Napoca, Romania

Rational positive parenting program: efficacy and developments

Costina Ruxandra Păsărelu

Babeş-Bolyai University, Cluj-Napoca, Romania

Anca Dobrean

Babeş-Bolyai University, Cluj-Napoca, Romania

The feasibility of a video-based REBT program for internalizing problems in children

Viktoria Kulcsar

Babeş-Bolyai University, Cluj-Napoca, Romania

Robert Balazsi

Babeş-Bolyai University, Cluj-Napoca, Romania

Cristina Ivan

Liceul Teoretic "Axente Sever", Medias, Romania

Anca Dobrean

Babeş-Bolyai University, Cluj-Napoca, Romania

The effectiveness of a REBT intervention program on the reduction of career decision-making difficulties in high school pupils

Petra Lohan,

Babeş-Bolyai University, Cluj-Napoca, Romania

Anca Dobrean

Babeş-Bolyai University, Cluj-Napoca, Romania

Overcoming academic procrastination in teenagers through CBT vs REBT group intervention

Gala Dinner (requires preregistration, fee €90)

Starting at 20:00 Ballroom Double Tree by Hilton

Sunday, September 15th

	Aula Magna	Blaga Room	Rosca Room	Chamoux Room	Monnet Room
09:00 - 09:50	Keynote 5				
10:00 - 10:50	Keynote 6				

10:50-11:15 Coffee break

	Aula Magna	Blaga Room	Rosca Room	Chamoux Room	Monnet Room
11:15 - 13:15		Symposium 1	Open Symposium 2	Open Symposium 8	Workshop 9
13:15 - 14:30	Round Table: REBT Practice				

14:30-15:30 Lunch - Restaurant of the Academic College

	Aula Magna
15:30 - 16:20	Keynote 7
16:30 - 17:20	Keynote 8
17:30 - 18:00	Closing ceremony
	Schuman Room
18:00	ITS Meeting

Keynote 5

Windy Dryden

Look, if you had one shot or one opportunity to seize everything you ever wanted in one moment. Would you capture it or just let it slip? Single-session REBT

9.00-9.50 Aula Magna, BBU Main Building

Keynote 6

Guy Montgomery

The role of irrational beliefs and response expectancies in cancer treatment-related side-effects

10.00-10.50 Aula Magna, BBU Main Building

Workshop 9: Promoting Prevention: Rational Emotive Education in School Settings

Ann Vernon & Shishir Palsapure

11.15-14.30 Monet Room (3,5 hours; also translated in Romanian)

Symposium 1: Evidence-Based Status of REBT: Current State of the Art and New Developments (From Neurobiology through Cognitive sciences to Cross-cultural in the Technology context)

Daniel David, Raymond DiGiuseppe - Co-Chairs

11.15-13.15 Blaga Room, BBU Main Building (maximum 120 minutes; each presentation maximum 15 minutes)

Daniel David

*Babeş-Bolyai University, Romania
Icahn School of Medicine at Mount Sinai, United States*

Romania – Fundamentals of REBT, neurogenetic cognitive sciences

Raymond DiGiuseppe

St. John's University; Albert Ellis Institute, USA

USA – Fundamentals of REBT

Aurora Szentagotai

Babeş-Bolyai University, Romania

Positive psychology and REBT in Romania

Silviu Matu

Babeş-Bolyai University, Cluj-Napoca, Romania

The effectiveness of robot-enhanced therapy for children with autism spectrum disorders: an ecological assessment across multiple educational

Monica Bianca Bartucz

Babeş-Bolyai University, Romania

Romania – a cross cultural approach

Răzvan Jurchiş

Babeş-Bolyai University, Cluj-Napoca, Romania

Adrian Opre

Babeş-Bolyai University, Cluj-Napoca, Romania

Augmenting CBT theories with data from the dual-process approach to the human cognition: An integrative perspective

Invited reflections:

Irving Kirsch

Harvard Medical School, USA

From Evidence-Based to Scientific Psychotherapy

Richard Wessler

Former director of the Albert Ellis Institute, USA

Personal Beliefs and the Greatest Challenge to the Future of REBT

Open Symposium 2: REBT, CBT and Assessment –II

Carmen Bora, Anca Dobrean, Gabriel Roseanu – co-chairs

11.15-13.15 Roşca Room, BBU Main Building (120 minutes; each presentation maximum 15 minutes)

Anca Dobrean

Babeş-Bolyai University, Cluj-Napoca, Romania

Robert Balazsi & Costina Ruxandra Păsărelu

Babeş-Bolyai University, Cluj-Napoca, Romania

Introduction to measuring rational and irrational beliefs

Carmen Hortensia Bora

University of Oradea, Romania

Gabriel Roseanu

University of Oradea, Romania

Simona Trip

University of Oradea, Romania

Michael Bernard

University of Melbourne, Australia

Irrational Beliefs of Teachers. A measure for Romanian population

Simona Trip

University of Oradea, Romania

Gabriel Roseanu

University of Oradea, Romania

Carmen Hortensia Bora

University of Oradea, Romania

Michael Bernard

University of Melbourne, Australia

Validation study of the Child and Adolescent Scale of irrationality on the Romanian population

Gabriel Roseanu

University of Oradea, Romania

Simona Trip

University of Oradea, Romania

Carmen Hortensia Bora

University of Oradea, Romania

Scale of Low Frustration Tolerance for students

Tijana Ćirković Higl

REBT Affiliated Training Center of Albert Ellis Institute, Serbia

Zorica Maric

REBT Affiliated Training Center of Albert Ellis Institute, Serbia

Irrational performance beliefs inventory: Reliability and validity study

Szamoskozi Ștefan

Babeș-Bolyai University, Cluj-Napoca, Romania

Dynamic, formative assessment of rational, irrational beliefs

Simona Trip

University of Oradea, Romania

Discussion (10 minutes)

Open Symposium 8: REBT, CBT in Prevention and Emotional Regulation

Razvan Predatu & Jeffrey Warren - co-chairs

11.15-13.15 Chamoux Room, BBU Main Building (120 minutes; each presentation maximum 15 minutes)

Răzvan Predatu

Babeş-Bolyai University, Cluj-Napoca, Romania

Daniel David

*Babeş-Bolyai University, Cluj-Napoca, Romania
Icahn School of Medicine at Mount Sinai, United States*

Antonio Maffei

Department of General Psychology, University of Padova, Italy

Emotion regulation deficits during an autobiographical recall task in a sample of individuals with emotional disorders

Raluca Georgescu

Babeş-Bolyai University, Cluj-Napoca, Romania

Anca Dobrean

Babeş-Bolyai University, Cluj-Napoca, Romania

Acceptance, cognitive restructuring, and distraction in the treatment of acute pain: An investigation of different psychological approaches for pain control

Mariusz Wirga

MemorialCare Todd Cancer Institute

Michael DeBernardi

The Life Link - Community Mental Health Center, Santa Fe, New Mexico, USA

Aleksandra Wirga

Department of Psychiatry, Keck School of Medicine, University of Southern California, Los Angeles, California, USA

Addressing spiritual, religious, existential and philosophical beliefs with Maultsby's Rational Behavior Therapy

Cosmin Popa

University of Medicine and Pharmacy of Tîrgu-Mureş, Romania

Răzvan Predatu

Babeş-Bolyai University, Cluj-Napoca, Romania

The Effect of CBT in increasing emotional stability in Romanian medical students

Round Table - REBT Practice

Daniel David/Raymond DiGiuseppe/Kristene A. Doyle/Windy Dryden

13.15-14.30 Aula Magna, BBU Main Building

The directors of the affiliated training centers are invited to contribute/participate. The Round Table will cover the following topics:

- Personalized evidence-based REBT assessment, conceptualisation, therapeutical relationship, and psychological treatments/interventions
- REBT evidence-based training and supervision
- International Clinical Guidelines
- Category vs. Trans-diagnostic approaches
- Other relevant topics

Keynote 7

Irving Kirsch

Antidepressants and the Placebo Effect: Implications for Psychotherapy

15.30-16.20 Aula Magna, BBU Main Building

Keynote 8

Kristene A. Doyle

REBT training from a global perspective: How we have evolved and continue to grow

16.30-17.20 Aula Magna, BBU Main Building

Closing ceremony

17.30-18.00 Aula Magna, BBU Main Building

ITS (International Training Standards) Committee Meeting

Starting at 18:00 Schuman Room, BBU Main Building - Reserved for ITS members

Accepted posters

Poster Session

Saturday, September 14th, 15.30-17.00 Monnet Lobby

1. Parenting characteristics of foster care families with youth in care: Family functioning, attachment, coping, self-efficacy, and personal beliefs

Ioana Boldiș¹, Maria Roth², Alexandra Pop³

1General Direction of Social Assistance and Child Protection Cluj, Foster Care Department, Romania

2Faculty of Sociology and Social Work, Babeș-Bolyai University, Romania

3Faculty of Economics and Business Administration, Babeș Bolyai University, Cluj Napoca, Romania

2. Is fear generalization a transdiagnostic process across anxiety disorders? A systematic review with preliminary data

Andreea C. Bica, Ioana R. Podină, Romeo Z. Crețu

University of Bucharest, Bucharest, Romania

3. Perfectionistic self-presentation, social media, and disordered eating. A self-compassion intervention

Ștefania Cionca, Denisa Maria Marchiș, Florina-Magdalena Anichitoaie, Gabriela Viorela Pop

Babeș-Bolyai University, Cluj-Napoca, Romania

4. The implicit learning of cognitive structures with emotional components in a dynamic systems control paradigm

Andrei Costea, Răzvan Jurchiș, Adrian Opre

Babeș-Bolyai University, Cluj-Napoca, Romania

5. The role of irrational beliefs, negative automatic thoughts and early maladaptive schemas in subjective well-being. A longitudinal approach

Cătălin Gherdan, Simona Trip

University of Oradea, Romania

6. Words used to induce false memories: Romanian lists of words for DRM false memory paradigm

Andreea Horoiță, Adrian Opre

Babeș-Bolyai University, Cluj-Napoca, Romania

7. Kenny music performance anxiety inventory (k-mpai)

translation and adaptation of the Romanian version

Andrada Lavinia Faur, Sebastian Vaida, Adrian Opre

Babeş-Bolyai University, Cluj-Napoca, Romania

8. The effect of self-conscious emotions on working memory performance. Is there a moderating role of difficulties in emotion regulation?

Andreea Luca, Ioana R. Podină

University of Bucharest, Bucharest, Romania

9. The impact of social and emotional competences development programs from different theoretical perspectives: A Systematic Review

Ioana Emanuela Lupan, Adrian Opre

Babeş-Bolyai University, Cluj-Napoca, Romania

10. Study on attachment types and their vulnerability in developing depressive disorders

Camelia Maria Dindelegan¹, Ioana Cristina Părcălab¹, Alexandra Bianca Sabău¹, Vasile Marin Dindelegan²

¹University of Oradea, Romania

²Ioşia Orthodox Parish, Oradea, Romania

11. The efficacy of exposure-based treatment in anxiety disorders: A preliminary meta-analysis with implications for disgust and anxiety

Simona Alexandra Pascal, Ioana R. Podină, Cătălin Nedelcea

University of Bucharest, Bucharest, Romania

12. A quantitative meta-analysis of the relationship between emotional predictions and positive emotional experience

Petronela Blaga, Daniel David

Babeş-Bolyai University, Cluj-Napoca, Romania

13. Childhood maltreatment and psychopathology: The role of expressive flexibility

Simina Piţur, Andrei C. Miu

Babeş-Bolyai University, Cluj-Napoca, Romania

14. Self-control improvement techniques for therapy

Radu Podar, Adrian Opre

Babeş-Bolyai University, Cluj-Napoca, Romania

15. Scale of Irrational Contents and Styles – Basics” (SICS-B). Preliminary Survey

Ruiz, J.^{1,2}, Sorribes, F.^{1,3}, Suso, C.^{1,4}.

*1Spanish Association of Rational-Emotive-Behavioral Therapy (AETREC).
2Department of Clinical Psychology and Psychobiology, University of Barcelona, Spain.
3Institut RET, Barcelona, Spain.
4Department of Basic and Clinical Psychology and Psychobiology, University of Jaume I, Castellón, Spain.*

16. Do irrational beliefs affect power distribution in heterosexual couples? The relationship between irrational beliefs, dependence, and different measures of power

Sanda Stankovic, Tatjana Vukosavljević Gvozden

Department of Psychology, Faculty of Philosophy, University of Belgrade, Serbia

17. Maultsby's Rational Behavior Therapy for cancer patients in an interactive virtual reality environment

Mariusz Wirga¹, Michael DeBernardi², Aleksandra Wirga³, Ewa Wojtyna³, Marta Porebiak⁴, Marek Ostrowski⁶

1MemorialCare Todd Cancer Institute

2The Life Link - Community Mental Health Center, Santa Fe, New Mexico, USA

3Department of Psychiatry, Keck School of Medicine, University of Southern California, Los Angeles, California, USA

4University of Silesia, Katowice, Poland

5SWPS University of Social Sciences and Humanities, Warsaw, Poland

6Prosoma, Wrocław, Poland

18. Efficacy of single session of cognitive-behavioral followed by a rational story for managerial performance and well-being

Andreea Katona-Anghelcev & Oana David

Babeş-Bolyai University, Romania

19. The effectiveness of Problem Solving vs Solution Focused Approach in Coaching

Loana Comsa and Oana David

Babeş-Bolyai University, Romania

20. Investigating the effectiveness of parenting strategies in children noncompliance

Georgiana Rosca and Oana David

Babeş-Bolyai University, Romania

21. A meta-analysis to investigate the effectiveness of rational-emotive-behavioral coaching

Cristina Lorint and Oana David

Babeş-Bolyai University, Romania

Friday, September 13th

Aula Magna						
08:15 - 09:00	Opening ceremony / AEI Awards Public Ceremony					
	Aula Magna	Blaga Room	Rosca Room	Chamoux Room	Monnet Room	E. Pop Room
09:00 - 09:50	Keynote 1					
10:00 - 11:30		Symposium 2	Symposium 5	Symposium 7	Workshop 1	Workshop 2
11:30-12:00 Coffee break						
	Aula Magna	Blaga Room	Rosca Room	Chamoux Room	Monnet Room	E. Pop Room
12:00 - 13:30		Symposium 4	Symposium 6	Symposium 8	Workshop 1	Workshop 2
13:30-14:30 Lunch - Restaurant of the Academic College						
	Aula Magna	Blaga Room	Rosca Room	AVALON Building	Monnet Room	E. Pop Room
14:30 - 15:20	Keynote 2					
15:30 - 17:00	Meet the Experts	Methodological Symposium 11		Symposium 9	Workshop 3	Workshop 4
17:00-17:30 Coffee break						
	Aula Magna	Blaga Room	Rosca Room	Chamoux Room	Monnet Room	E. Pop Room
17:30 - 19:00		Methodological Symposium 11	Symposium 10	Open Symposium 7	Workshop 3	Workshop 4
	BBU Main Building					
19:00 - 20:00	"The Classics" in Romanian Psychology: Florian Ștefănescu-Goangă					
20:00	Welcome reception					

Saturday, September 14th

	Aula Magna	Blaga Room	Rosca Room	Chamoux Room	Monnet Room	E. Pop Room
09:00 - 09:50	Keynote 3					
10:00 - 11:30		Open Symposium 9	Open Symposium 1	Open Symposium 3	Workshop 6	Workshop 5
11:30-12:00 Coffee break						
		Blaga Room	Rosca Room	Chamoux Room	Monnet Room	E. Pop Room
12:00 - 12:30		Open Symposium 9	Open Symposium 4	Open Symposium 3	Workshop 6	Workshop 5
12:30 - 13:30		Symposium 3		Applied Symposium 3		
13:30-14:30 Lunch - Restaurant of the Academic College						
	Aula Magna	Blaga Room	Rosca Room	Chamoux Room	Monnet Room	E. Pop Room
14:30 - 15:20	Keynote 4					
	Aula Magna	Monnet Lobby	Rosca Room	Chamoux Room	Monnet Room	E. Pop Room
15:30 - 17:00	Round Table REBT Research	Poster session	Open Symposium 5	Workshop 8	Workshop 7	
17:00-17:30 Coffee break						
	Stoicovici Room	Blaga Room	Rosca Room	Chamoux Room	Monnet Room	E. Pop Room
17:30 - 19:00	Director of affiliated centers Meeting	Applied Symposium 1	Applied Symposium 2	Workshop 8	Workshop 7	Open Symposium 6
20:00 - 22:30	Gala Dinner					

Sunday, September 15th

	Aula Magna	Blaga Room	Rosca Room	Chamoux Room	Monnet Room
09:00 -	Keynote 5				
09:50					
10:00 -	Keynote 6				
10:50					

10:50-11:15 Coffee break

	Aula Magna	Blaga Room	Rosca Room	Chamoux Room	Monnet Room
11:15 -	Round Table: REBT Practice	Symposium 1	Open Symposium 2	Open Symposium 8	Workshop 9
13:15					
13:15 -					
14:30					

14:30-15:30 Lunch - Restaurant of the Academic College

	Aula Magna
15:30 -	Keynote 7
16:20	
16:30 -	Keynote 8
17:20	
17:30 -	Closing ceremony
18:00	
	Schuman Room
18:00	ITS Meeting

Scan this code to access a Google Calendar with all the events included in the program. You can then duplicate the events that interest you so you can get notifications about starting times and other eventual updates!



Being classic is good, being rational is cool

BABEȘ - BOLYAI UNIVERSITY
AVALON BUILDING

Advanced Virtual Applications Laboratories Of Napoca

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