2 MAY 2026, SATURDAY

TIME	HALLS					
	BECK HALL	ELLIS HALL	PAVLOV HALL	WOLPE HALL	PIAGET HALL	BANDURA HALL
08:30 - 10:00	**SKILL DEVELOPMENT SESSION 3** CHAIR: ASLIHAN DÖNMEZ SKILLS TRAINERS ASLIHAN DÖNMEZ SELİN TUTKU TABUR *Working with Today's "Amazon Women" in Therapy: Formulation & Intervention Strategies from a CBT Perspective*	**PANEL 8** CHAIR: KADİR ÖZDEL SPEAKERS HAKAN GÜNDÜZ SAVAŞ ŞENCAN ÖMER YANARTAŞ KADİR ÖZDEL *Management of Chronic Pain with Cognitive Behavioral Therapy: Psychiatric and Algological Perspectives*	**SKILL DEVELOPMENT SESSION 4** CHAIR: CANAN BAYRAM EFE SKILLS TRAINERS AYŞEGÜL KART DALYAN BENGÜ YÜCENS AYŞEGÜL KERVANCIOĞLU *Cognitive Behavioral Techniques in Social Phobia*	**IN-CONGRESS WORKSHOP 5** HAKAN ÖĞÜTLÜ *Cognitive Behavioral Therapy for Eating Disorders in Children and Adolescents*	**PANEL 9** CHAIR: FATİH YIĞMAN SPEAKERS MEHMET ALİ ÖZDEMİR CANSU ÇOBAN BAŞAK ŞAHİN *The Transdiagnostic Ground of Digital Addictions: Reward Circuits, Clinical Phenotypes, and CBT Interventions*	**ORAL PRESENTATION SESSION 3** CHAIR: ALİ ERCAN ALTINÖZ
10:00 - 10:30	**COFFEE BREAK**					
10:30 - 12:00	**SKILL DEVELOPMENT SESSION 5** CHAIR: K. FATİH YAVUZ SKILLS TRAINERS K. FATİH YAVUZ SEVİNÇ ULUSOY *"The Therapist Also Gets Wounded": Developing Self-Help Skills for the Therapist During the Therapy Process*	**PANEL 10** CHAIR: KADİR ÖZDEL SPEAKERS ŞENGÜL ALTINÖZ AYŞEGÜL KART DALYAN BENGÜ YÜCENS *Intervening in the Invisible Filters of Sexuality*	**SKILL DEVELOPMENT SESSION 6** CHAIR: SEDAT BATMAZ SKILLS TRAINERS SEDAT BATMAZ ŞENGÜL İLKAY *New Generation Cognitive Behavioral Approaches in Suicide: Acceptance and Commitment Therapy and Metacognitive Therapy*	**IN-CONGRESS WORKSHOP 5** HAKAN ÖĞÜTLÜ *Cognitive Behavioral Therapy for Eating Disorders in Children and Adolescents*	**RATIONAL DRUG USE PRESENTATION** ALİ ERCAN ALTINÖZ	**ORAL PRESENTATION SESSION 4** CHAIR: ASLIHAN DÖNMEZ
12:00 - 13:00	**LUNCH BREAK**					
13:00 - 14:00	**ROUND TABLE MEETING 3** CHAIR: M. HAKAN TÜRKÇAPAR SPEAKERS ASLIHAN DÖNMEZ, KADİR ÖZDEL, FIRAT YENİCİ *The Past, Present, and Future of Self-Help Books in CBT*	**INVITED SPEAKER 5** METEHAN IRAK *Metacognitive Processes in Psychotherapy: From Cognitive Behavioral Interventions to Neuropsychological and Brain Findings*	**INVITED SPEAKER 6** ORÇUN YORULMAZ *Intensive Treatments in Cognitive Behavior Therapy: Bergen 4 Days OCD Treatment*	**MEET THE EXPERT 6** SELÇUK ASLAN *Compassion Focused Therapy*		
14:00 - 14:30	**COFFEE BREAK**					
14:30 - 16:00	**SKILL DEVELOPMENT SESSION 7** CHAIR: M. HAKAN TÜRKÇAPAR SKILLS TRAINERS M. HAKAN TÜRKÇAPAR ASLIHAN DÖNMEZ *Challenges Encountered While Working on Relationship Issues in Psychotherapy and Clinical Solutions*	**MEET THE EXPERT 7** DUYGU KOÇER *Finding Your Own North Star: Navigating Therapy with Mindfulness and Value-Oriented CBT Approaches*	**MEET THE EXPERT 8** HAKAN TOKUR *A New Frontier in Digital Pathologies: A CBT-Based Approach to Pornography Addiction; Clinical Formulation and Intervention Strategies*	**IN-CONGRESS WORKSHOP 6** ZÜMRA ATALAY SELÇUK ASLAN *Mindfulness and Cognitive Behavioral Interventions for Insomnia*	**SKILL DEVELOPMENT SESSION 8** CHAIR: MEHMET EMRAH KARADERE SKILLS TRAINERS ELA ÖNCEL ARI FURKAN B. ALPTEKİN Developing the Therapeutic Relationship for CBT Therapists: Functional Analytic Psychotherapy	**PANEL 11** CHAIR: KADİR ÖZDEL SPEAKERS CANAN BAYRAM EFE SELİN KAHVECİOĞLU OCAK *Application of Cognitive Behavioral Therapy and Schema Therapy Techniques in Romantic Relationships*
16:00 - 16:30	**COFFEE BREAK**					
16:30 - 18:00	**PANEL 12** CHAIR: ALİ ERCAN ALTINÖZ SPEAKERS SEVİLAY UMUT KILINÇ GÖKÇEN GÜVEN HAKAN ÖĞÜTLÜ *Current Approaches in Grief Therapies: Evidence-Based Interventions Through a Case Study*	**PANEL 13** CHAIR: KADİR ÖZDEL SPEAKERS BAŞAK ŞAHİN AYŞEGÜL KERVANCIOĞLU FATİH YIĞMAN *A Three-Dimensional View of Anhedonia: Neurobiological Foundations, Cognitive-Behavioral Strategies, and Schema-Focused Approaches*	**PANEL 14** CHAIR: NIGAR NASIROVA SPEAKERS NIGAR NASIROVA JAVAD JAVADOV *From Cognitive Schema to Interpersonal Perception: The Theoretical Evolution of CBASP within CBT*	**IN-CONGRESS WORKSHOP 6** ZÜMRA ATALAY SELÇUK ASLAN *Mindfulness and Cognitive Behavioral Interventions for Insomnia*	**MEET THE EXPERT 9** CHAIR: SEVİNÇ ULUSOY SPEAKERS SEVİNÇ ULUSOY ZÜLAL ÇELİK *What Remains After Loss: Guilt, Shame, and Self-Criticism in Complicated Grief*	**PANEL 15** CHAIR: ŞENAY KILINÇEL SPEAKERS ŞENAY KILINÇEL MEHMET OĞUZHAN KILINÇEL FURKAN BULUT *The Other Side of Bullying Behavior: A Holistic CBT, Schema, and ACT Perspective*