FIRST INTERNATIONAL CBT CONFERENCE IN BOSNIA AND HERZEGOVINA
BANJA LUKA

June 6-9, 2013
First International CBT Conference in Bosnia and Herzegovina Banja Luka

June 6-9, 2013

We invite you to:

• join us in celebrating our 10th anniversary of promoting CBT in region
• learn together from generous and enthusiastic, highly-qualified international trainers
• share your knowledge and experience with us
• experience traditional Bosnian hospitality
• enjoy the complex mixture of Mediterranean, Byzantine, Ottoman and Eastern European influences on the country’s cultural heritage and cuisine

And all that at extremely low-cost registration fee!
Conference

The conference is organized under the sponsorship of the European Association for Behavioural and Cognitive Therapies (EABCT). We are delighted and endlessly grateful for willingness of international and regional trainers who responded to our call and decided to come and work without any hono- rarium to contribute to the development of psychotherapeutic practice in Bosnia and Herzegovina.

Professor Paul Salkovskis and Professor Kelly Wilson will deliver keynote speeches and pre-conference workshops, as well as participate in panel discussion on 'Change Processes in CBT: State of the Science and Future Directions.

Members of Bosnia and Herzegovina Association for Cognitive and Behavioral Therapy will provide all conference participants and trainers the opportunity to experience traditional Bosnian hospitality and enjoy the complex mixture of Mediterranean, Byzantine, Ottoman and Eastern European influences on the country’s cultural heritage and cuisine.

Bosnia and Herzegovina was ranked 8th world’s most welcoming countries for visitors, according to the "Travel and Tourism Competitiveness Report 2013".

Join us in celebrating our 10th anniversary of promoting CBT in region, learning together from highly-qualified international trainers and sharing our knowledge and experience, at the First International CBT Conference in Bosnia and Herzegovina, June 6-9, 2013 in Banja Luka.
Background

This year Bosnia and Herzegovina Association for Cognitive and Behavioral Therapy marks its 10th years of its existence and work in promoting CBT in Bosnia and Herzegovina and the region. We see this conference as an opportunity to mark our work in the field.

One of The European Association for Behavioural and Cognitive Therapies (EABCT) Approved Project Applications for 2012 is our International Cognitive Behavioural Therapy Conference in Bosnia and Herzegovina.

Socio-economic situation in Western Balkan is difficult and it is not surprising that many psychotherapists can not afford to go abroad to conferences and trainings. Travel and accommodation costs required to attend international congresses are very high for our standard. For example, monthly salary of University Professors is 750 euros, psychotherapists is around 500 euros and so on... Many psychotherapists from Western Balkan countries, no matter how motivated, are deprived of meeting with colleagues, exchange of experience and expertise.

The majority of professionals from Bosnia and Herzegovina has been trained (or are currently in training) in the theoretical knowledge and therapeutic skills of Beck's and/or Ellis’ approach, as well as in specific treatment strategies for anxiety and depressive disorders. However, many psychotherapists from Western Balkan countries feel that we would benefit from workshops on other effective psychological approaches based on scientific principles and research. Examples include Acceptance and Commitment Therapy, Metacognitive Therapy, Compassion Focused Therapy, Behavioral Activation, Dialectical Behaviour Therapy, Mindfulness-Based Cognitive Therapy... We also feel that we would benefit from workshops on treatment strategies for specific clinical problems (e.g. Psychosis, Addiction Problems, Eating Disorders, Obesity, Intellectual and Developmental Disabilities, Trauma, Bipolar Disorders, Chronic Illness, Chronic Pain, Identity Problems, etc).

We see this conference as an opportunity for all psychotherapists from the Western Balkans to gain knowledge and skills from renowned trainers at very low-cost registration fee.
Organization

President of the Conference
Igor Krnetić

Organizing Committee
(in alphabetical order)
Branislava Popović
Diana Riđić, predsjednica
Medin Hodžić
Milica Pavlović Petković

Program Committee
(in alphabetical order)
Prof. dr Esmina Avdibegović
Prof. dr Izet Pajević
Prof. dr Jezdimir Zdravković, predsjednik
Prof. dr Ljiljana Mihić
Prof. dr Marija Burgić
Doc. dr Olivera Žikić
Prof. dr Tatjana Vukosavljević-Gvozden

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Boris Popov (Serbia)
Daniel David (Romania)
Džejna Ćapin (Bosnia and Herzegovina)
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Martin Brock (UK)
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Kirsti Akkermann (Estonia)
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Matthieu Villatte (USA)
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Olivera Marković (Montenegro)
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Sofi Marom (Israel)
Steven Hayes (USA)
Susannah J. Schuilenberg (Kuwait)
Tijana Mirović (Serbia)
Zorica Marić (Serbia)
Program

PRE-CONFERENCE WORKSHOPS Thursday, June 6

10:00-17:00  Cognitive-Behavioral Therapy for Eating Disorders (Fragiskos Gonidakis)
10:00-17:00  Acceptance and Commitment Therapy: Mindfulness, Acceptance and Living a Valued Life (Kelly Wilson) – Part 1

PRE-CONFERENCE WORKSHOPS Friday, June 7

10:00-17:00  Changing Behaviour the Cognitive Way in Obsessive Compulsive Disorder (Paul Salkovskis)
10:00-17:00  Acceptance and Commitment Therapy: Mindfulness, Acceptance and Living a Valued Life (Kelly Wilson) – Part 2

OPENING SESSION Friday, June 7

16:00-18:00  Registration
18:00-19:00  Keynote Speech
CBT, caring and cure: How the flexible use of empirically grounded psychological therapy helps people to feel understood and to choose to change (Paul Salkovskis)
19:00-20:00  Keynote Speech
Building Psychological Flexibility: A Transdiagnostic Model for Cognitive Behavioral Therapy (Kelly Wilson)
20:00-21:00  Welcome Cocktail Party
**CONFERENCE PROGRAMME** Saturday, June 8

8:30-12:15  **Morning Workshops**

**Room A**  REBT for Anxiety Disorders: Understanding Person in the Context of her Problems (Zorica Marić & Tatjana Vukosavljević-Gvozden)

**Room B**  ACT for Posttraumatic Problems in Living (Sonja Batten)

12:15–13:45  **Lunch Break**

13:45–17:15  **Afternoon Workshops**

**Room A**  Dialectical Behavioral Therapy for Borderline Personality Disorder (Fragiskos Gonidakis)

**Room B**  Understanding Your Own ACT Practice Through Mindful Peer Counseling Supervision (Igor Krnetić)

17:00–17:30  **Break**

17:30–19:00  **Panel Discussion & Lectures**

**Room A**  CBT for Health Anxiety (Paul Salkovskis)

19:00–21:00  **Gala Dinner**

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**CONFERENCE PROGRAMME** Sunday, June 9

8:30–12:15  **Morning Workshops**

**Room A**  REBT as Existential Therapy (Vladan Beara)

**Room B**  Values as Motivation to Behavioral Change in ACT and CBT (Giovanni Miselli & Giovanni Zucchi)

12:15–13:45  **Lunch Break**

13:45–14:45  **Panel Discussion**

**Room A**  Change Processes in CBT: State of the Science and Future Directions (Paul Salkovskis, Kelly Wilson; Igor Krnetić, moderator)

14:45–15:00  **Closing Ceremony**

15:00–20:00  **Rafting Excursion & Vrbas Canyon Party**
Registration

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A half-price registration fee is available for full-time students.

Download Registration & Accommodation Form or Online Registration & Accommodation Booking at [www.kbt.ba/conference2013/registration.html](http://www.kbt.ba/conference2013/registration.html)

**Registration fees includes**: access to all workshops, materials, coffee breaks and lunch at all days, welcome cocktail, certificates of attendance.

Conference Venue: Hotel Vidovic.
Banja Luka

Banja Luka is the second largest city in Bosnia and Herzegovina. It is home of the University of Banja Luka, as well as numerous state and entity institutions of Bosnia and Herzegovina. The city lies on the Vrbas river and is well known in the countries of the Former Yugoslavia for being full of tree-lined avenues, boulevards, gardens, and parks. Banja Luka has also a number of springs close by. The area around Banja Luka is mostly woodland. The city itself is built in the Banja Luka valley, which is located at the transition between high and low mountain areas.

Banja Luka has a continental climate, with harsh winters and warm summers. The warmest month of the year is July, with an average temperature of 21.3 °C (70.3 °F).

History

The history of inhabitation of the area of Banja Luka dates back to ancient times. There is a substantial evidence of the Roman presence in the region during the first few centuries A.D., including an old fort "Kastel" in the centre of the city. Slavs settled in the Balkans in the 6th century. During the Ottoman rule in Bosnia, Banja Luka was the seat of the Bosnian pashaluk, and the lords of the region built what is nowadays the main street of the city and over 200 projects ranging from artisan and sales shops to wheat warehouses, baths and mosques. Among more important constructions were the Ferhadija and Arnaudija mosques.

In 1688, the city was burned down by the Austrian army, but it quickly recovered. Later periodic intrusions by the Austrian army stimulated military developments in Banja Luka, which made it into a strategic military centre. Orthodox churches and monasteries near Banja Luka were built in the 19th century. Also, Sephardic Jews and Trappists migrated to the city in the 19th century and contributed to the early industrialization of the region by building mills, breweries, brick factories, textile factories and other important structures.

For all its leadership to the region however, Banja Luka as a city was not modernised until Austro-Hungarian occupation in the late 19th century that brought westernisation to Banja Luka. Railroads, schools, factories, and infrastructure appeared, and were developed, which led to a modern city. A Roman Catholic Franciscan monastery was built in the 20th century.

After World War I, the town became the capital of the Vrbas Banovina, a province of the Kingdom of Yugoslavia. The provincial capital owed its rapid progress to the first Ban Svetislav Milosavljević. During that time, the Banski dvor and its twin sister, the Administration building, the Serbian Orthodox Church of the Holy Trinity, a theatre and a museum were built.
Culture

Due to its long history, Banja Luka is rich in culture. Banja Luka is the home of several museums, the national theatre and library, both dating from the first half of the 20th century, and of numerous other theatres.

Fortress “Kastel” is one of Banja Luka’s main attractions. Located on the left bank of the Vrbas river, it gives a specific charm to the city. During the summer, music concerts take place in the fortress. In the summer, there are many festivals, with live bands playing at the outdoor venues.

Tourism

The city and the natural beauties of the surrounding area boast a number of popular tourist attractions. Among the most famous are the pools, thermal springs, and spas in the region. Due to its parks and over 10,000 trees Banja Luka was once nicknamed the “Green City”. The area is popular among nature lovers, while the city centre is attractive to tourists due to its historical structures and many restaurants. Other attractions of Banja Luka are the Banj Hill and a waterfall of the Vrbas river near Krupa.

The Vrbas River was home to the 2005 European Whitewater Rafting Championships and World Championship 2009. The Vrbas Canyon is an ideal place for water adventures like kayaking and rafting.

Rafting on the Vrbas river is currently becoming popular among the tourists. The canyon walls are home to hawks, eagles and falcons as well. The highlands are dotted with many old villages that offer a stark contrast to the beat of the Banja Luka city center.