



More than 1100 guests will be attending the EABCT congress in Reykjavík. The scientific program includes 112 symposia and paper sessions, 200 posters, 15 keynote presentations and 33 pre- and in-congress workshops. And we have prepared a lively social program for you as well. In this third and last newsletter, we want to welcome you to the 41st EABCT congress that starts in just few days, and share with you the latest information that you might want to know of before you pack your bags to meet us.



The Organizing Committee

Opening and Closing Ceremonies and City Reception

Opening Ceremony Wednesday 31st August (17:30-19:00) at Harpa Conference Hall

The opening ceremony will be conducted in the traditional manner. Dr. Eiríkur Örn Arnarson, the Congress President will welcome guests followed by the President of Iceland Dr. Ólafur Ragnar Grímsson who will honour us by addressing the congress. Professor David Clark (Oxford University) will give an opening keynote address called *Developing and Disseminating Effective Psychological Treatments: Science, Practice and Economics*. Music during the opening ceremony will be provided by Gissur Páll Gissurarson and the Caput group with members from the Icelandic Symphonic Orchestra, and a young singer, Ms. Sigríður Ósk Kristjánsdóttir, will also entertain guests with music. Following the opening ceremony guests will be invited to a reception in Harpa.

Reykjavík City Reception Thursday 1st September (17:30-18:30)

Reception will be given by the Municipality of Reykjavik in the City Gallery. Guitar Islancio will entertain guests with music.



Reykjavik Art Museum



Harpa - The Congress Venue

Closing Ceremony Saturday 3 September (15:30-17:00) at Harpa Conference Hall

Dr. Tom Ollendick, will provide a closing keynote *Psychopharmacological and Psychosocial Interventions for Youth: First, Do No Harm*. Dr. Ollendick is University Distinguished Professor in Clinical Psychology and Director of the Child Study Center at Virginia Polytechnic Institute and State University, Blacksburg, Virginia, USA. In his keynote address, he will review some of the developments in the use of psychiatric drugs for psychiatric disorders and the claims that individuals with these disorders may have to take psychiatric drugs



Dr. Tom Ollendick

the rest of their lives, and that some of these drugs may cause "more harm than good". He will then highlight recent developments and trends in the use of CBT in both prevention and treatment programs for youth that produce significantly better outcomes, largely in the absence of psychiatric drugs. The address concludes with the notion that we have effective psychosocial treatments and prevention programs and they result in "more good than harm."

Between 16:30 and 17:00, closing addresses will be given by Dr. Rod Holland, President of EABCT and Dr. Eiríkur Örn Arnarson, the Congress President. The EABCT-award and the EABCT-prize for the best poster will also be handed out. The ceremony will finish with a handing over of the congress to Dr. Lucio Bizzini, Chair of the Scientific Executive Committee of the EABCT 2012 congress in Geneva.

Create your own personal programme

We want to bring your attention to a search engine on our website which allows one to make a personal plan which suits one's interests. You will find the planner under Scientific Program/Create your personal program calendar "[click here](#)" on the website of the congress (www.eabct2011.org).

The congress dinner – Gala dinner Friday, 2 September



Restaurant Perlan - Venue for Congress Dinner

The congress dinner will be held at Perlan, one of the best restaurants in Reykjavík. The building is a grand glass structure, built on top of six water tanks. You can enjoy a spectacular panoramic view of Reykjavik and beyond as the restaurant gently completes a full rotation every two hours. The dinner starts at 19:30 with a welcome drink and the singers Diddú and Bergþór Pálsson will entertain guests during the dinner. The dinner will be followed by a dance where The Millionaires will provide the music. It may sound strange but The Millionaires is an all Icelandic Latin-American dance band that has been one of the most popular dance bands in Iceland for years, so bring your dancing shoes! If you are interested in attending the congress dinner, you should move quickly because only limited number of tickets is left.

Workshops – Changes in time schedules

Organising a time schedule of a busy congress is a complex task. We want to make sure that our guests can make use of the many things that the scientific program has to offer. Therefore, we have decided to change the time schedule of the in-congress workshops so that in-congress workshops will start at 8:30 in the morning and at 13:30 in the afternoon. However the Pre-Congress workshops will start at 9:00 a.m. Kindly note that participants who have registered for Willem Kuyken's workshop on Mindfulness Based Cognitive Therapy that takes place at The Blue Lagoon, will leave by bus from Harpa Conference Centre at 8:00. The congress registration opens at 7:30.

Our grand and brand new conference centre is not big enough!

Due to the large number of participants attending and contributing to the congress all the rooms in the Harpa are filled to capacity and indeed some of the workshops and paper sessions will take place outside the Harpa Conference Center within a comfortable walking distance of five to ten minutes. So make certain to get there in time so you don't miss anything.

You can begin the day at the swimming pool and end it at the pubs.

To ensure that you and all our guests will not only enjoy our scientific program but also enjoy the company of each other we have nominated two bars as the official bars of EABCT. Whether you arrive early, would like to enjoy a nice drink to wind down after a day at the conference or to stay up late, the two bars will have everything to offer plus the company of your fellow conference guests.

B5 is conveniently situated in Bankastræti 5, just around the corner from Harpa, at the

end of Laugavegur (main shopping street in down town Reykjavik). At B5 you can wind down after an interesting day at the conference, enjoy a variety of drinks and light food or you can choose to stay late and experience a bit of the supposed crazy nightlife in Reykjavik. The atmosphere could be described as fancy and casual.

A few meters up the street (in Bankastræti 7) you will find **Kaffi Sólon**, a nice bistro/café/bar, serving drinks and light food all day. The café / lounge stay open until 1am Wednesday and Thursday and until 3am Friday and Saturday, the lounge opening up for a DJ party from 1 am in the weekend.

At the other end of the spectrum of enjoying the highlights of our city we would like to point out that in about 20 minutes' walk from Harpa, you will find The swimming pool of Reykjavik West (**Sundlaug Vesturbæjar**). You can also get there by bus number 11 which runs from Lækjartorg by the congress venue. For your information Icelanders are crazy about swimming pools and every little town and neighbourhood has one. And for a good reason. The pools are the real assets stemming of our unlimited geothermal water pouring from down under our lovely country. For your convenience we have appointed the swimming pool in Reykjavik Vest (Sundlaug Vesturbæjar) as a meeting place for the early birds. Try and show up at 7.00 (ish) if you fancy a relaxing start for the day. You will be surprised at how many actually show up so early!



Sundlaug Vesturbæjar (swimming pool)

Art at the EABCT 2011

The Moravcsik Foundation

Paintings from the Hungarian Moravcsik Foundation will be on display during the congress. The aim of the foundation is to promote and help the treatment and rehabilitation of patients living with psychiatric disorders in the form of art therapy. The foundation has chosen fifteen paintings to exhibit from the collection of the Budapest Art Brut Gallery.

The Painter Pétur Gautur invites you to his studio

The Icelandic painter Pétur Gautur invites guests of the EABCT 2011 congress to visit his art studio at Njálsgata 86 (which is about 20 minute walk from Harpa) between 17:00 – 19:30 on Thursday September 1.

