

## The Swedish Conference of Clinical Psychology 2026

26 – 27 November 2026  
Stockholm

Thursday 26<sup>th</sup> November

|                                  |               |                                                                                                                                                                                                                                  |
|----------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                  | 8.15 – 8.45   | Registration & coffee                                                                                                                                                                                                            |
|                                  | 8.45 – 9.00   | Welcome and information                                                                                                                                                                                                          |
| Moderator:<br>Tobias<br>Lundgren | 9.00 - 9.45   | Keynote<br><br>Paul Gilbert, University of Derby                                                                                                                                                                                 |
|                                  | 10.00 - 10.15 | An evaluation of group rumination-focused cognitive behavioral therapy for insomnia: A study within Primary Care.<br><br>Maria Tillfors, Karlstad University                                                                     |
|                                  | 10.15 - 10.30 | A pilot randomized controlled feasibility trial of Emotion Regulation Group Therapy as an adjunct to Enhanced Cognitive Behavior Therapy for eating disorders<br><br>Alexandra Boalt, Karolinska Institutet                      |
|                                  | 10.30 - 10.50 | Fika and poster session                                                                                                                                                                                                          |
|                                  | 10.50 - 11.05 | Investigating feasibility, effectiveness and participant perspectives of Cognitive Behavioral Therapy for ADHD Inattentive presentation (CADDI), a new treatment protocol<br><br>Elinor Eskilsson Strålin, Karolinska Institutet |
|                                  | 11.05 - 11.20 | Single-session transdiagnostic treatment for primary care patients<br><br>John Näsling, Luleå University of Technology                                                                                                           |
|                                  | 11.20 - 11.45 | Invited presentation<br><br>Interpersonal psychotherapy across diagnoses and delivery formats: Lessons from Swedish clinical research<br><br>Malin Bäck, Linköping University                                                    |
|                                  | 11.45 – 12.00 | Patient preferences and current practice in treatment of sleep problems in Swedish primary care<br><br>Johanna Stjernberg, Karolinska Institutet                                                                                 |

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|                         | 12.00 - 13.00 | Lunch                                                                                                                                                                                       |
| Moderator:<br>Ida Flink | 13.00 - 13.45 | Keynote<br><br>Evidence-based treatments: Can we generalize from large RCT's to individuals?<br><br>Johan W.S. Vlaeyen, Maastricht University                                               |
|                         | 13.45 - 14.00 | Barriers to Implementing Single-Case Experimental Designs for Measurement-Based Care: A Mixed-Methods Feasibility Study<br><br>Lea Schemer, RPTU Kaiserslautern-Landau                      |
|                         | 14.00 - 14.15 | One size fits one: data-driven personalization of ACT for endometriosis-related chronic pain<br><br>Felicia T. A. Sundström, Uppsala University                                             |
|                         | 14.15 - 14.30 | Network-based personalisation of cognitive behavioural therapy for chronic pain is feasible and acceptable for patients and therapists<br><br>Verena E. Hofmann, RPTU Kaiserslautern-Landau |
|                         | 14.30 - 14.45 | Fika and poster session                                                                                                                                                                     |
|                         | 14.45 - 15.00 | Treating Provoked Vulvodynia in Youths: Effects and Experiences of a Multimodal Intervention.<br><br>Rebecca Lennartsson, Örebro University                                                 |
|                         | 15.00 - 15.15 | Invisible Intersections: Mapping the Overlap Between Psychiatric Disorders and Gynecological Pain<br><br>Elin Ekholm, Karlstad University                                                   |
|                         | 15.15 - 16.00 | Keynote<br><br>Beyond Pain Reprocessing: Novel developments in stress and fatigue research<br><br>Henrik Børsting Jacobsen, Oslo University                                                 |
|                         | 16.00 - 17.00 | Network meeting for PhD students in clinical psychology<br><br>Osame Salim, Örebro University                                                                                               |

Friday 27<sup>th</sup> November

## Clinical psychology

9.00 - 9.45

Keynote

Moderator:  
Pia Enebrink  
Sven  
Alfonsson

Disruptive behaviour and mental health in children: Research insights on aggressive behaviour, effective interventions, and pathways to change

Pia Enebrink, Karolinska Institutet

9.45 - 10.00

Clinician Perspectives on Psychological Formulation with Autistic Gender-Diverse and Minority Ethnic Adults

Valeria Khudiakova, University of London

10.00 - 10.15

Bridging Lives: Refugee Narratives of Integration and Mental Health

Lisa Lindström, Mid Sweden University

10.15 - 10.30

The efficacy of a culturally adapted internet-based cognitive behavior therapy (CA-iCBT) for young Farsi/Dari-speaking refugees and migrants: a randomized controlled trial

Anahita Geranmayeh, Karolinska Institutet

10.30 – 10.50

Fika and poster session

10.50 – 11.15

Invited presentation

Silent Rage: Understanding and Treating Maladaptive Anger Inhibition

Johannes Larsson, Örebro University

11.15 – 11.30

Therapist Behaviour and Relational Processes in Psilocybin Treatment for Depression

Emma Zapel, Karolinska Institutet

11.30 – 11.45

Feasibility and acceptability of therapist-guided, asynchronous, internet-delivered trauma-focused CBT for adolescents with PTSD: a single-group feasibility trial in Sweden

Hanna Weyler, Karolinska Institutet

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|---------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| 11.45 – 12.00 | Person-Specific Psychopathology Networks: Treatment Recommendations from Structural Analysis<br><br>Lars Klintwall, Karolinska Institutet |
| 12.00 - 13.00 | Lunch                                                                                                                                     |
| 13.00 – 13.45 | Thematic speaker<br><br>Evidence-based practice in practice: The role of single-case methods<br><br>Steven J Linton, Örebro University    |
| 13.45 – 14.00 | Closing and awards                                                                                                                        |