

Moderated by Fabio Giommi

'Does cognitive behavioral therapy need mindfulness?'

Claudi Bockting, Johannes Michalak, Clara Strauss, Susan Bögels, moderated by Fabio Giommi.

This panel discussion will start with a short introduction and presentation by the panel members, followed by an interactive part with input from the audience, exploring the overlapping and distinct features of traditional cognitive behavioral therapy and mindfulness-based cognitive therapy, and how they relate to each other. There will be ample space for questions and reflection.



Claudi Bockting



Johannes Michalak



Clara Strauss



Susan Bögels



Fabio Giommi