

Time	Session/title	Speakers
10.30-11	Arrival, refreshments	
11.00-11.10	Welcome	Abi Millings
11.10-12.10	<b>Session 1: Couple relationships</b>	
11.10-11.30	Examining the role of mobile phones in romantic relationships	Danielle Paddock
11.30-11.50	Understanding lifespan changes in sexual orientation: fluidity or compulsory heterosexuality?	Maddy Arden
11.50-12.00	Dyadic nostalgia in couples: Project plans	Erica Hepper
12.00-12.10	Panel discussion	DP, MA, EH
12.10-12.30	<b>Session 2: Attachment and intra-psychological processes</b>	
12.10-12.20	How are attachment and mindfulness related? A narrative synthesis of mechanistic models	Dominka Tkacova
12.20-12.30	Motivated forgetting and attachment: study plan	Katie McGann
12.30-1.40	<b>Lunch break and self-organised research meetings if required</b> <i>There is a lovely café on the ground floor and a beautiful roof garden accessible from the 4<sup>th</sup> floor, and lots of break out seating all over the place</i>	
1.40-2.30	<b>Session 3: Attachment-based interventions</b>	
1.40-2.00	Loneliness: Is building more social relationships the answer to loneliness?	Antonia Ypsilanti
2.00-2.10	Efficacy of a one-week digitally delivered attachment priming and mindfulness practice intervention for improving stress, insomnia, & emotion regulation in university students: a randomized controlled trial	Jodie Stevenson
2.10-2.20	When Security Backfires: Attachment priming to increase willingness to seek help for mental health difficulties	Laurynas Rutkauskas
2.20-2.30	Panel discussion	AY, JS, LR
2.30-2.50	<b>Refreshments</b>	
2.50-4.10	<b>Session 4: Parenting interventions</b>	
2.50-3.10	Rethinking interventions for parents	Rebecca Pearson
3.10-3.30	The application of attachment research in child protection and family support: a brief outline of some major changes	David Shemmings
3.30-3.40	Evaluating 'Mentalization-Based Therapy for Parenting under Pressure' (MBT-PP)	Abi Millings
3.40-3.50	Developing a tool to assess mentalising in therapy	Elaine Clarke
3.50-4.00	Barriers and facilitators to parental engagement with conflict reduction interventions	Piyali Misquitta
4.00-4.10	Panel discussion	RP, DS, AM, EC, PM
4.10-4.20	<b>Closing</b>	Kathy Carnelley

Post UKAN drinks followed by dinner!