

Publications, Presentations and Workshops

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JOURNAL ARTICLES¹

- [A105] Marino, C., Vieno, A., Finos, L., Lenzi, M. & **Spada, M. M.** (in revision). Objective Facebook behaviour: Differences between problematic and non-problematic users. *Computers in Human Behavior*.
- [A104] Marino, C., Hirst, C. M., Murray, C., Vieno, A. & **Spada, M. M.** (in revision). Positive mental health as a predictor of problematic Internet and Facebook use in adolescents and young adults. *Journal of Happiness Studies*.
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- [A101] Kolubinski, D., Nikčević, A. V., Lawrence, J. & **Spada, M. M.** (in revision). The Metacognitions about Self-critical Rumination Questionnaire. *Journal of Affective Disorders*.
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- [B03] **Spada, M. M.** (2011). *An Introduction to Sensible Drinking*. Colchester, UK: Constable & Robinson.
- [B02] **Spada, M. M.** (2010). *Cognitive Behavioural Therapy for Problem Drinking: a Practitioner's Guide*. London, UK: Routledge.
- [B01] **Spada, M. M.** (2006). *Overcoming Problem Drinking: a Self-help Guide Using Cognitive Behavioural Techniques*. Colchester, UK: Constable & Robinson.

PRESENTATIONS

- [P75] Alma, L., **Spada, M. M.**, Fernie, B. A., Yilmaz-Samanci, Caselli, G. & Nikčević, A. V. (2017). Metacognitions in smoking: Evidence from a cross-cultural validation of the Metacognitions about Smoking Questionnaire in a Turkish sample. Oral Paper, *15th European Congress of Psychology*, Amsterdam, Netherlands.
- [P74] **Spada, M. M.** (2017). Metacognition: A new direction in the understanding and treatment of alcohol problems. Invited Talk, *New Directions in the Study of Alcohol Group*, Weston-Super-Mare, UK.

- [P73] **Spada, M. M.** & Caselli, G. (2017). The metacognitive model of problem drinking. Invited Talk, *Dipartimento di Scienze Biomediche e Neuromotorie, Università di Bologna, Bologna, Italy.*
- [P72] **Spada, M. M.** (2017). An introduction to Metacognitive Therapy and its application to addictive behaviours. Invited Talk, *Dipartimento di Psicologia dello Sviluppo e della Socializzazione, Università di Padova, Padova, Italy.*
- [P71] Marino, C., Gini, G. & **Spada, M. M.** (2017). Peer victimization and adolescents' adjustment and well-being: The role of metacognitions. Oral Paper, *World Anti-Bullying Forum, Stockholm, Sweden.*
- [P70] **Spada, M. M.** (2016). Addictive behaviours: A threat to well-being. Invited Talk, *Lunch and Learn Sessions, Linklaters, London, UK.*
- [P69] **Spada, M. M.** (2016). You cannot crave less by desiring more. Invited Keynote Talk, *1st National Conference of UK SMART Recovery, Stoke-on-Trent, UK.*
- [P68] Martino, F., Caselli, G., Ceci, G., Felicetti, F., Mezzaluna, C., Rampioni, M., Romanelli, P., Troiani, L., Sassaroli, S. & **Spada, M. M.** (2016). Desire thinking as a prospective predictor of binge drinking. Poster, *3rd International Conference on Metacognitive Therapy, Milan, Italy.*
- [P67] Austin, S., Mors, O., Nordentoft, M., Hjorthøj, C., Secher, R. G., Hagen, R., **Spada, M. M.** & Wells, A. (2016). Schizophrenia and metacognition: An investigation of course of illness and metacognitive beliefs within a first episode psychosis. Poster, *3rd International Conference on Metacognitive Therapy, Milan, Italy.*
- [P66] Manfredi, C., Caselli, G., Ferraris, A., Vinciullo, F. & **Spada, M. M.** (2016). Desire thinking as a mediator of the relationship between novelty seeking and craving. Poster, *3rd International Conference on Metacognitive Therapy, Milan, Italy.*
- [P65] Canfora, F., Caselli, G., Ruggiero, G. M., Sassaroli, S. Albery, I. P. & **Spada, M. M.** (2016). Desire thinking mediates the relationship between emotional intolerance and problem drinking. Oral Paper, *3rd International Conference on Metacognitive Therapy, Milan, Italy.*
- [P64] Gandini, F., **Spada, M. M.**, Caselli, G., Fernie, B. A., Manfredi, C., Boccaletti, F., Dallari, G., Pinna, E., Ruggiero, G. M. & Sassaroli, S. (2016). Desire thinking: A risk factor for binge eating? Oral Paper, *3rd International Conference on Metacognitive Therapy, Milan, Italy.*
- [P63] Caselli, G., Gemelli, A., **Spada, M. M.**, & Wells, A. (2016). Detached mindfulness versus cue-exposure in alcohol use disorder: A preliminary study of effects on distress and urge to use alcohol. Oral Paper, *3rd International Conference on Metacognitive Therapy, Milan, Italy.*
- [P62] Offredi, A., Caselli, G., Martino, F., Varalli, D. Ruggiero, G. M., Sassaroli, S. & **Spada, M. M.** (2016). Metacognitions as a predictor of anger: A prospective study. Invited Symposium Paper, *3rd International Conference on Metacognitive Therapy, Milan, Italy.*
- [P61] **Spada, M. M.**, Fernie, B. A. & Nikčević, A. V. (2016). The Metacognitions about Symptoms Control Scale. Invited Symposium Paper, *3rd International Conference on Metacognitive Therapy, Milan, Italy.*
- [P60] Fernie, B. A., Brown, R. G. & **Spada, M. M.** (2016). The role of metacognitions in Parkinson's Disease. Invited Symposium Paper, *3rd International Conference on Metacognitive Therapy, Milan, Italy.*

- [P59] Nikčević, A. V., Fernie, B. A., Wells, A. & **Spada, M. M.** (2016). Metacognitions as predictors of treatment outcome in Chronic Fatigue Syndrome. Invited Symposium Paper, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.
- [P58] Caselli, G. & **Spada, M. M.** (2016). A test of a metacognitive model of desire thinking and craving. Invited Symposium Paper, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.
- [P57] **Spada, M. M.**, Fernie, B. A., Giustina, L., Rolandi, S. & Caselli, G. (2016). Profiling metacognition in gambling disorder. Invited Symposium Paper, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.
- [P56] Nikčević, A. V., Caselli, G., Wells, A. & **Spada, M. M.** (2016). The Metacognitions about Smoking Questionnaire. Invited Symposium Paper, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.
- [P55] **Spada, M. M.** (2016). Metacognition in addictive behaviours: The present and beyond. Invited Keynote Talk, *3rd International Conference on Metacognitive Therapy*, Milan, Italy.
- [P54] Fernie, B. A., Brown, R. G. & **Spada, M. M.** (2015). The role of metacognitions in Parkinson's Disease. Oral Paper, *Division of Health Psychology Annual Conference*, London, UK.
- [P53] Sassaroli, S., Caselli, G., **Spada, M. M.** & Ruggiero, G. M. (2015). From standard CBT to worry, rumination and control focused interventions for eating disorders. Oral Paper, *20th Annual Conference of the Israeli Association for Eating Disorders*, Jerusalem, Israel.
- [P52] Ruggiero, G. M., Sapuppo, W., Caselli, G., **Spada, M. M.** & Sassaroli, S. (2015). Reviewing cognitive treatment for eating disorders: From standard CBT efficacy to worry, rumination and control focused interventions. Oral Paper, *45th Congress of the European Association for Behavioural and Cognitive Therapies*, Jerusalem, Israel.
- [P51] Ruggiero, G. M., Sapuppo, W., Caselli, G., **Spada, M. M.** & Sassaroli, S. (2015). Dalla terapia cognitiva standard agli interventi di processo su controllo e rimuginio per i disturbi alimentari. Oral Paper, *Centro di Scienza Cognitiva, Università' e Politecnico di Torino*, Torino, Italy.
- [P50] Frings, D., Albery, I. P., Moss, A. C. & **Spada, M. M.** (2015). Bar-labs but no booze: The (pouring) taste preference task. Oral Paper, *Conference on Emerging Methods in Addiction Research*, London South Bank University, London, UK.
- [P49] **Spada, M. M.** (2014). A metacognitive model of problem drinking. Invited Talk, *Regional Supervisors Clinical Psychology Doctoral Programme, University of Bath*, Bath, UK.
- [P48] Gemelli, A., Caselli, G. & **Spada, M. M.** (2014). Esposizione metacognitiva: Test di una nuova tecnica di intervento nei disturbi da uso di alcool. Invited Symposium Paper, *19^o Congresso Nazionale Società Italiana di Terapia Comportamentale e Cognitiva*, Genova, Italy.
- [P47] Caselli, G. & **Spada, M. M.** (2014). Modello metacognitivo di craving e di dipendenze patologiche. Invited Symposium Paper, *19^o Congresso Nazionale Società Italiana di Terapia Comportamentale e Cognitiva*, Genova, Italy.
- [P46] Caselli, G. & **Spada, M. M.** (2014). An empirical test of a metacognitive model of craving. Invited Symposium Paper, *44th Congress of the European Association for Behavioural and Cognitive Therapies*, The Hague, Netherlands.

- [P45] Caselli, G. & **Spada, M. M.** (2014). A preliminary metacognitive model of craving. Invited Symposium Paper, *Workshop on Experimental Psychopathology – Università la Sapienza, Rome, Italy.*
- [P44] **Spada, M. M.** (2013). Rumination and worry: relevance to primary health care practice. Invited Seminar, *Efficacy and Nuffield Health at the Royal Society of Medicine, London, UK.*
- [P43] Caselli, G. & **Spada, M. M.** (2013). Modello metacognitivo di craving e dipendenze patologiche. Invited Symposium Paper, *1° Congresso Nazionale su Metacognizione e Intervento Clinico, Rimini, Italy.*
- [P42] **Spada, M. M.** (2013). Using SPSS to analyse data from a simple questionnaire-based study. Invited Practice Seminar, *Faculty of Health and Social Care, London South Bank University, London, UK.*
- [P41] **Spada, M. M.** (2013). Setting up and running a simple questionnaire-based study. Invited Practice Seminar, *Faculty of Health and Social Care, London South Bank University, London, UK.*
- [P40] Austin, S. F., Mors, O., Hagen, R., Hesse, M., Wells, A., **Spada, M. M.**, Secher, R. G., Hjorthoj, C. & Nordentoft, M. (2013). Schizophrenia and metacognition: An investigation of course of illness and metacognitive beliefs and processes within a first episode psychosis cohort, 10 years after diagnosis. Invited Symposium Paper, *2nd International Conference on Metacognitive Therapy, Manchester, UK.*
- [P39] Caselli, G. & **Spada, M. M.** (2013). The Metacognitions about Desire Thinking Questionnaire (MCDTQ): Development and psychometric properties. Poster, *2nd International Conference on Metacognitive Therapy, Manchester, UK.*
- [P38] **Spada, M. M.** (2013). A triphasic metacognitive formulation of problem drinking. Invited Keynote Talk, *2nd International Conference on Metacognitive Therapy, Manchester, UK.*
- [P37] Lindberg, A., Fernie, B. A. & Spada, **M. M.** (2012). Metacognitions and problem gambling. Invited Symposium Paper, *40th Conference of the British Association for Behavioural and Cognitive Psychotherapies, Leeds, United Kingdom.*
- [P36] Soliani, M., Caselli, G. & **Spada, M. M.** (2012). Effetto del pensiero desiderante nell'esperienza di craving. Invited Symposium Paper, *XVI Congresso Società Italiana di Terapia Comportamentale e Cognitiva, Rome, Italy.*
- [P35] Nigro, N., Caselli, G. & **Spada, M. M.** (2012). Pensiero desiderante e dipendenze patologiche. Invited Symposium Paper, *XVI Congresso Società Italiana di Terapia Comportamentale e Cognitiva, Rome, Italy.*
- [P34] Caselli, G. & **Spada, M. M.** (2012). Desire Thinking across the continuum of drinking behavior. Invited Symposium Paper, *42nd Congress of the European Association for Behavioural and Cognitive Therapies, Geneva, Switzerland.*
- [P33] Rogaten, J., Moneta, G. B. & **Spada, M. M.** (2012). A trait-state model of strategic approach to studying in university students. Invited Symposium Paper, *3rd International Conference on Education and Educational Psychology, Istanbul, Turkey.*
- [P32] Rogaten, J., Moneta, G. B. & **Spada, M. M.** (2012). A trait-state model of strategic approach to studying in university students. Invited Symposium Paper, *6th European Conference of Positive Psychology, Moscow, Russia.*
- [P31] **Spada, M. M.** (2012). Beyond Cognitive Behaviour Therapy: Metacognitive Therapy. Invited Research Seminar, *Faculty of Health and Social Care, London South Bank University, London, UK.*

- [P30] Rogaten, J., Moneta, G. B. & **Spada, M. M.** (2011). Academic performance as a function of approaches to studying and affect in studying across semester phases. Invited Symposium Paper, *Annual Conference of the British Psychological Society, Education Section*, Preston, UK.
- [P29] Caselli, G. & **Spada, M. M.** (2011). The role of metacognitive processes in desire thinking. Invited Symposium Paper, *41st Congress of the European Association for Behavioural and Cognitive Therapies*, Reykjavik, Iceland.
- [P28] Nikčević, A. V. & **Spada, M. M.** (2011). The role of metacognition in smoking. Invited Symposium Paper, *1st International Conference on Metacognitive Therapy*, Manchester, UK.
- [P27] Caselli, G. & **Spada, M. M.** (2011). The role of metacognitive processes in desire thinking. Invited Symposium Paper, *1st International Conference on Metacognitive Therapy*, Manchester, UK.
- [P26] **Spada, M. M.**, Moneta, G. B. & Wells, A. (2011). The relative contribution of metacognitive beliefs and expectancies to drinking behaviour. Invited Symposium Paper, *1st International Conference on Metacognitive Therapy*, Manchester, UK.
- [P25] **Spada, M. M.**, Caselli, G. & Wells, A. (2011). Metacognitions as a predictor of drinking status and level of alcohol use following CBT in problem drinkers: a prospective study. Invited Symposium Paper, *1st International Conference on Metacognitive Therapy*, Manchester, UK.
- [P24] **Spada, M. M.**, Maher-Edwards, L., Fernie, B. A., Murphy, G., Wells, A. & Nikčević, A. V. (2011). Metacognitions and negative emotions as predictors of severity of symptoms in chronic fatigue syndrome. Invited Symposium Paper, *1st International Conference on Metacognitive Therapy*, Manchester, UK.
- [P23] Manfredi, C., Caselli, G., Rebecchi, D., Rovetto, F., Ruggiero G. M., Sassaroli, S. & **Spada, M. M.** (2010). Temperament and parental styles as predictors of ruminative brooding and worry. Invited Symposium Paper, *15^o Congresso Nazionale Società Italiana di Terapia Comportamentale e Cognitiva*, Milan, Italy.
- [P22] Nikčević, A. V., **Spada, M. M.** & Isa Alfaraj, A. M. A. (2010). Positive beliefs about rumination in depressed and non-depressed pregnant women: a preliminary investigation. Poster, *40th Congress of the European Association for Behavioural and Cognitive Therapies*, Milan, Italy.
- [P21] Fernie, B. A., **Spada, M. M.**, Nikčević, A. V., Georgiou, G. & Moneta, G. B. (2010). Metacognitive beliefs about procrastination: development and concurrent validity of a self-report questionnaire. Poster, *40th Congress of the European Association for Behavioural and Cognitive Therapies*, Milan, Italy.
- [P20] Caselli, G., Manfredi, C., Rebecchi, D., Rovetto, F., Ruggiero, G. M., Sassaroli, S. & **Spada, M. M.** (2010). Temperament, parental bonding and metacognitions as predictors of rumination and worry. Invited Symposium Paper, *40th Congress of the European Association for Behavioural and Cognitive Therapies*, Milan, Italy.
- [P19] **Spada, M. M.**, Caselli, G. & Wells, A. (2010). Metacognitions as a predictor of drinking status and level of alcohol use following CBT in problem drinkers: a prospective study. Invited Symposium Paper, *40th Congress of the European Association for Behavioural and Cognitive Therapies*, Milan, Italy.
- [P18] Nikčević, A. V. & **Spada, M. M.** (2010). Metacognitions about smoking: a preliminary investigation. Invited Symposium Paper, *40th Congress of the European Association for Behavioural and Cognitive Therapies*, Milan, Italy.

- [P17] Cermakova, L., Moneta, G. B. & **Spada, M. M.** (2010). Dispositional flow as a mediator of the relationships between attentional control and approaches to studying during academic examination preparation. Oral Paper, *5th European Conference on Positive Psychology*, Copenhagen, Denmark.
- [P16] **Spada, M. M.** (2009). Establishing an evidence-based community alcohol and drugs service in Brent. Invited Talk, *Evidence Based Practice Conference, North East London NHS Foundation Trust*, London, UK.
- [P15] **Spada, M. M.** & Doocey, J. (2009). Community engagement by an alcohol and drugs service Invited Talk, *Alcohol Practitioners' Forum, Drugscope*, London, UK.
- [P14] Caselli, G., Ferretti, C., Leoni, M., Rebecchi, D., Rovetto, F. & **Spada, M. M.** (2009). Rumination as a predictor of relapse in alcohol abuse. Oral Paper, *7th European Conference of the Society for Psychotherapy Research*, Bolzano, Italy.
- [P13] Caselli, G., Ferretti, C., Leoni, M., Rebecchi, D., Rovetto, F. & **Spada, M. M.** (2009). Rumination as a predictor of relapse in alcohol abuse. Invited Symposium Paper, *39th Congress of the European Association for Behavioural and Cognitive Therapies*, Dubrovnik, Croatia.
- [P12] **Spada, M. M.**, Caselli, G., Bortolai, C., Leoni, M. & Rovetto, F. (2008). Metacognizioni, ruminazione e uso di alcol: nuove prospettive teoriche e cliniche. Oral Paper, *7^o Congresso Nazionale della Società per la Ricerca in Psicoterapia*, Modena, Italy.
- [P11] Caselli, G., Ruggiero, G. M. & **Spada, M. M.** (2008). Trattamento focalizzato su craving e ruminazione in disturbi da abuso di alcol. Un caso singolo. Poster, *7^o Congresso Nazionale della Società per la Ricerca in Psicoterapia*, Modena, Italy.
- [P10] Caselli, G., Bortolai, C., Leoni, M., Rovetto, F. & **Spada, M. M.** (2008). Rumination as a predictor of problem drinking. Oral Paper, *38th Congress of the European Association for Behavioural and Cognitive Therapies*, Helsinki, Finland.
- [P09] Caselli, G., Bortolai, C., Leoni, M., Rovetto, F. & **Spada, M. M.** (2008). Alcohol expectancies, metacognitive beliefs and alcohol use. Oral Paper, *6th International Congress of Cognitive Psychotherapy*, Rome, Italy.
- [P08] Nikčević, A. V., **Spada, M. M.**, Moneta, G. B. & Wells, A. (2007). Metacognition, stress, and emotion. Poster, *5th World Congress of Behavioural and Cognitive Therapies*, Barcelona, Spain.
- [P07] Nikčević, A. V., **Spada, M. M.**, Moneta, G. B. & Wells, A. (2007). Metacognition, emotion, and smoking dependence. Poster, *5th World Congress of Behavioural and Cognitive Therapies*, Barcelona, Spain.
- [P06] **Spada, M. M.**, Moneta, G. B. & Wells, A. (2007). The relative contribution of metacognitive beliefs and expectancies to drinking behaviour. Poster, *5th World Congress of Behavioural and Cognitive Therapies*, Barcelona, Spain.
- [P05] **Spada, M. M.** (2007). A metacognitive model and therapy for problem drinking. Invited Research Seminar, *School of Human and Life Sciences, Roehampton University*, London, UK.
- [P04] Nikčević, A. V., Kramolisova-Advani, J. & **Spada, M. M.** (2006). Early childhood experiences and current emotional distress: what do they tell us about undergraduates who aspire to become psychologists working in mental health? Invited Research Seminar, *School of Arts and Social Sciences, Kingston University*, Kingston Upon Thames, UK.

- [P03] **Spada, M. M.** & Wells, A. (2004). Metacognitions, alcohol use and problem drinking. Invited Symposium Paper, *34th Congress of the European Association for Behavioural and Cognitive Therapies*, Manchester, UK.
- [P02] **Spada, M. M.** & Ireson, J. (2002). Do surface learners worry more? Invited Symposium Paper, *Annual Conference of the British Psychological Society, Education Section*, London, UK.
- [P01] Prioglio, A. & **Spada, M. M.** (2000). When obsessional thoughts prevent “thinking”: a case formulation approach to a complex case of obsessive-compulsive disorder. Invited Symposium Paper, *30th Congress of the European Association for Behavioural and Cognitive Therapies*, Granada, Spain.

WORKSHOPS

- [W32] **Spada, M. M.** (2015). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, Advanced CBT Workshops Programme, University of East Anglia, Norwich, UK.
- [W31] **Spada, M. M.** (2015). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, CBT Workshops Programme, London South Bank University, London, UK.
- [W30] **Spada, M. M.** (2014). *An Introduction to Metacognitive Therapy*. Workshop, Clinical Psychology Doctoral Programme, University of Bath, Bath, UK.
- [W29] **Spada, M. M.** (2014). *Cognitive Behaviour Therapy for Rumination and Worry*. Workshop, The Maudsley Couple and Psychosexual Group, London, UK.
- [W28] **Spada, M. M.** (2013). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, The Maudsley Couple and Psychosexual Group, London, UK.
- [W27] **Spada, M. M.** & Currid, T. J. (2013). *Dual Diagnosis – Intermediate Level*. Workshop, North East London NHS Foundation Trust, London, UK.
- [W26] **Spada, M. M.** (2013). *An Introduction to the Functional Analysis - A Transdiagnostic Problem Conceptualisation Tool*. Workshop, North East London NHS Foundation Trust, London, UK.
- [W25] Currid, T. J. & **Spada, M. M.** (2013). *Dual Diagnosis – Introductory Level*. Workshop, North East London NHS Foundation Trust, London, UK.
- [W24] **Spada, M. M.** (2013). *An Introduction to the Practice of Metacognitive Therapy*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W23] **Spada, M. M.** (2013). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, Community Alcohol and Drugs Service, Borough of Brent, London, UK.
- [W22] **Spada, M. M.** (2013). *An Introduction to the Theory of Metacognitive Therapy*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W21] **Spada, M. M.** (2012). *Cognitive Behaviour Therapy for Sensible Drinking*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W20] **Spada, M. M.** (2011). *Cognitive Behaviour Therapy for Depression*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W19] **Spada, M. M.** (2011). *An Introduction to the Theory and Practice of Metacognitive Therapy*. Workshop, Efficacy Training, University College London, London, UK.

- [W18] **Spada, M. M.** (2011). *Beyond Diagnosis - A Case Formulation Approach to CBT*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W17] **Spada, M. M.** (2011). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, Efficacy Training, Royal Society of Medicine, London, UK.
- [W16] **Spada, M. M.** (2011). *The Functional Analysis in Cognitive Behaviour Therapy*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W15] **Spada, M. M.** (2011). *An Introduction to the Practice of Metacognitive Therapy*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W14] **Spada, M. M.** (2011). *An Introduction to the Theory of Metacognitive Therapy*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W13] **Spada, M. M.** (2010). *Cognitive Behaviour Therapy for Social Anxiety Disorder*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W12] **Spada, M. M.** (2010). *Cognitive Behaviour Therapy for Generalised Anxiety Disorder*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W11] **Spada, M. M.** (2010). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W10] **Spada, M. M.** (2010). *Assessment in Cognitive Behaviour Therapy*. Workshop, CBT Training and Development Group, North East London NHS Foundation Trust, London, UK.
- [W09] **Spada, M. M.** (2010). *Developing a Research Proposal*. Workshop, Research and Development Seminars, North East London NHS Foundation Trust, London, UK.
- [W08] **Spada, M. M.** (2009). *CBT for Problem Drinking: Building and Enhancing Motivation for Change*. Workshop, Community Alcohol and Drugs Service, Borough of Brent, London, UK.
- [W07] **Spada, M. M.** (2009). *CBT for Problem Drinking: Assessment and Formulation*. Workshop, Community Alcohol and Drugs Service, Borough of Brent, London, UK.
- [W06] **Spada, M. M.** (2008). *CBT for Problem Drinking: Building and Enhancing Motivation for Change*. Workshop, Community Alcohol and Drugs Service, Borough of Brent, London, UK.
- [W05] **Spada, M. M.** (2005). *Cognitive Behaviour Therapy for Problem Drinking - Assessment 2*. Workshop, Drugs and Alcohol Team, Borough of Hammersmith and Fulham, London, UK.
- [W04] **Spada, M. M.** (2005). *Cognitive Behaviour Therapy for Problem Drinking - Assessment 1*. Workshop, Drugs and Alcohol Team, Borough of Hammersmith and Fulham, London, UK.
- [W03] **Spada, M. M.** (2005). *An Introduction to Cognitive Behaviour Therapy*. Workshop, Drugs and Alcohol Team, Borough of Hammersmith and Fulham, London, UK.
- [W02] **Spada, M. M.** (2004). *Cognitive Behaviour Therapy for Problem Drinking*. Workshop, City and Hackney Alcohol Service and the Volunteer Alcohol Counsellors Training Scheme, Borough of Hackney, London, UK.

[W01] **Spada, M. M.** (2003). *An Introduction to Cognitive Behaviour Therapy*. Workshop, City and Hackney Alcohol Service and the Volunteer Alcohol Counsellors Training Scheme, Borough of Hackney, London, UK.