



## From the President's Desk

Dr. Keith S. Dobson, [ksdobson@ucalgary.ca](mailto:ksdobson@ucalgary.ca)



Keith Dobson  
WCCBT President

Despite beginning in 2019 and on the very eve of the global pandemic, the World Confederation of Cognitive and Behavioural Therapies (WCCBT) is doing well. The Board of Directors, with representation from six regional associations has been meeting regularly and has been developing the policies and procedures to operate, even as we grow. As the pandemic unfolded, we continued to update materials related to mental health and optimal strategies to protect and enhance mental health using CBT strategies. The WCCBT also conducted a very successful first World CBT Day on April 7, 2022 (the date coincides with the World Health Organization's World Health Day), in which there were presentations on most continents to showcase some of the developments and successes of CBT. We have continued to improve our internal operations, financial footing, and liaisons. Perhaps most importantly from my viewpoint, we undertook the opportunity of our third formal year of operation to revisit our mission and strategic plan, (which can be found on our web site; [www.wccbt.org](http://www.wccbt.org)).

Another year has come and gone, and the threat of COVID-10 and its new variants continue to occupy so much of our time and attention. I have been greatly impressed by the increased media attention to mental health issues during the pandemic, and what I hope will be continued focus on this domain even as the pandemic devolves into more local epidemics and then either dissipates or is managed by vaccines.

Our revised strategic plan includes many of the same activities as before, including a planned World CBT Day on April 7, 2023 with a focus on the public at large. We have also included the idea of a Training and Standards Committee. That committee is working now to review global training standards in the field of CBT, and to develop a definition of CBT and a corresponding set of voluntary guidelines that organizations can adopt to guide training initiatives, and if appropriate for different countries or regions, a credentialing system. While this work cannot be made mandatory, it is hoped that a broadly accepted set of definitions and guidelines will help to unify global efforts in this regard, and to promote training where it is currently not as active as ideal.

A major focus of the WCCBT in 2023 will be the World Congress of CBT, scheduled for June 1-4 in Seoul, South Korea (see [www.wccbt2023.org](http://www.wccbt2023.org)). This World Congress was delayed for one year, due to the pandemic, but congress planning is now under full steam. An exciting list of keynote speakers and workshop leaders has been put in place, and the website is open for your submission. We hope to see 3,000 delegates at the COEX Centre, which is the première location for congresses in South Korea, in the heart of Seoul. I hope that if you have the opportunity, you will make a submission, attend, and see how the world of CBT has developed in recent years. Please do feel free to say hello to me when you are there and take a photo with me!

## We are Getting back to "normal"



In the last few months the opportunity for CBT Therapists and researchers to once again meet in person and be able to present their work and participate with their colleagues at their annual meeting has started again in Barcelona, Melbourne and New York. After over 2 year of virtually no face to face meetings life is getting back to some normality and we have been able to reconnect once again. However, we have all learned to keep our congresses, meetings and activities going through the pandemic and in many ways the experience will have increased accessibility for many therapists who have not previously been able to attend live events.



Even those associations who have not yet managed to return to a live or hybrid event are planning to do so in 2023.

This edition of the eNews has reports from each of these congresses and their plans for the future

.....and the most  
important event  
in 2023 is \_\_\_\_\_

more information on the next page



This is my last annual message, there will be a planned transition in leadership at the World Congress. Dr. Lata McGinn from Yeshiva University in New York City will take on the Presidency, and I want to take a moment here to thank her for all of her work over the years to help make the WCCBT a reality. She and I have discussed the idea of this type of global organization for many years, and I am very pleased for the confederation that she will take on the leadership. Until June, though, if you have any thoughts, suggestions, or criticisms about the WCCBT, please do feel free to contact me at [ksdobson@ucalgary.ca](mailto:ksdobson@ucalgary.ca).

Keith Dobson  
Calgary, Canada  
December 2022

## Mensaje del Presidente – 2022

**Dr. Keith S. Dobson, [ksdobson@ucalgary.ca](mailto:ksdobson@ucalgary.ca)**



Keith Dobson  
WCCBT President

A pesar de que iniciamos en el 2019 casi justo antes de la pandemia global, la Confederación Mundial de Terapias Cognitivo Conductuales (WCCBT), avanza bien. La Mesa Directiva, con la representación de seis asociaciones regionales, ha tenido sesiones regularmente y ha estado desarrollando políticas y procedimientos para operar en la misma medida que ha ido creciendo. Con la pandemia desplegada, hemos continuado actualizando materiales relacionados a la salud mental y estrategias óptimas para proteger y mejorar dicha salud mental empleando estrategias de la Terapia Cognitivo Conductual. La Confederación (WCCBT) también llevó a cabo un muy exitoso primer Día Mundial de la TCC, el 7 de Abril del 2022 (el cual coincide con el Día de la Salud de la OMS), en el cual hubieron presentaciones en muchos países para dar vitrina a algunos de los desarrollos y logros de la TCC. Hemos continuado mejorando nuestras operaciones internas, bases financieras y vínculos. Tal vez, lo más importante, desde mi punto de vista, fue que nos dimos, en nuestro tercer año formal de operaciones, la oportunidad de revisar nuestra misión y nuestro plan estratégico (el cual puede ser encontrado en nuestro sitio web; [www.wccbt.org](http://www.wccbt.org)).

Nuestro plan estratégico revisado incluye muchas de las mismas actividades de antes, además del Día Mundial de la TCC el 7 de Abril del 2023 mucho más enfocado al público en general. También hemos incluido la idea del Comité de Estándares y Entrenamiento. Este comité está trabajando ahora revisando los estándares globales de entrenamiento en el campo de la TCC para desarrollar una definición de TCC que corresponda a un rango de guías que las organizaciones puedan adoptar voluntariamente para encaminar iniciativas de entrenamiento y, si es apropiado para diferentes países y regiones, un sistema de acreditación.

Si bien este trabajo no es de cumplimiento obligatorio, lo que se espera es que un amplio rango de definiciones y guías aceptadas ayude a unificar esfuerzos globales en esta materia y así promover el entrenamiento donde, actualmente, no es tan activo como lo esperado.

Un importante foco que tiene la Confederación Mundial en el 2023, será el Congreso Mundial de TCC, el cual está programado desde el 1 hasta el 4 de Junio en Seúl, Corea del Sur (vea [www.wccbt2023.org](http://www.wccbt2023.org)). Este Congreso Mundial, debido a la pandemia, tuvo el retraso de un año, pero su planeamiento ahora está a toda máquina. Una emocionante lista de conferencistas magistrales y expertos en talleres están listos y la web oficial está abierta ahora para sumisiones de trabajos. Esperamos ver 3000 participantes en el COEX Centre, sede principal del congreso en Corea del Sur, justo en el corazón de Seúl. Espero, si tienen la oportunidad, que hagan su sumisión de alguna presentación y estén presentes en el congreso y podamos ver cómo la TCC se ha desarrollado en los años recientes. Por favor, siéntanse libres de saludarme cuando estemos en el congreso y ¡tomémonos una foto juntos!

Este es mi último mensaje anual, dado que habrá una transición ya planeada de la presidencia en el Congreso Mundial. La Dra. Lata McGinn, de la Yeshiva University en New York asumirá el cargo y

*We are Getting back to “normal”*



In the last few months the opportunity for CBT Therapists and researchers to once again meet in person and be able to present their work and participate with their colleagues at their annual meeting has started again in Barcelona, Melbourne and New York. After over 2 year of virtually no face to face meetings life is getting back to some normality and we have been able to reconnect once again. However, we have all learned to keep our congresses, meetings and activities going through the pandemic and in many ways the experience will have increased accessibility for many therapists who have not previous been able to attend live events.

Even those associations who have not yet managed to return to a live or hybrid event are planning to do so in 2023.

This edition of the eNews has reports from each of these congresses and their plans for the future

*and the most  
important event  
in 2023 is*

more information on the next page



deseo tomarme un momento aquí para agradecerle todo el trabajo realizado a través de estos años ayudando a hacer la Confederación Mundial una realidad. Ella y yo venimos conversando la idea de este tipo de organización global por muchos años y me siento muy complacido por la confederación en la que ahora llevará el liderato. Hasta Junio, si tienen cualquier idea, sugerencia o crítica acerca de la Confederación Mundial, por favor, contácteme a [ksdobson@ucalgary.ca](mailto:ksdobson@ucalgary.ca).

Keith Dobson  
Presidente, Confederación Mundial de TCC (WCCBT)  
Calgary, Alberta - Canadá





## Global CBT Dissemination, Accessibility and New Technology

**Early Bird Registration is  
Now Open !**



The Congress will run for 3 full days from Friday 2nd to Sunday 4th June, and there will be 30 Pre-Congress workshops offered on Thursday 1st June 2023.

The Congress theme, “Global CBT Dissemination, Accessibility and New Technology”, addresses the reality that CBT is currently evolving at a rapid pace, and yet there is a vast unmet global need that requires an innovative and comprehensive dissemination strategy.

- The Congress program will include:
- 25 invited Pre-Congress workshops
  - 35 Invited Addresses
  - 15 parallel scientific sessions each day
  - Symposia, debates, clinical roundtables, etc
  - Multiple streamed open paper sessions
  - 30 In-congress workshops
  - High-profile continuous poster sessions
  - Technical, software, and equipment demonstrations
  - A large-scale exhibition

### Revised Call for Papers Schedule

**Don't miss a great opportunity  
to present at the World Congress!**

Key submission dates and deadlines are now :

**1st September 2022 | Call for Papers Opens**  
Symposia, full day and half day in-conference workshops, panel debates, clinical roundtables, open papers, and poster presentations.

**12th February | Call for Papers Closes**  
Symposia, full day and half day in-conference workshops, panel debates, clinical roundtables, open papers, and poster presentations.

Information including the electronic submission procedures, Congress streams, and examples of different presentation formats is available on the website

[www.wccbt2023.org](http://www.wccbt2023.org)

For up to date information visit the Congress website  
[www.wccbt2023.org](http://www.wccbt2023.org)

### Invited Addresses and Pre-congress Workshops

Gerhard Anderson, Linköping University, Sweden  
Arnoud Arntz, University of Amsterdam, the Netherlands  
Judith Beck, University of Pennsylvania, USA  
Susan Bögels, University of Amsterdam, the Netherlands  
Younghee Choi, Metta Institute of CBT, South Korea  
David M. Clark, University of Oxford, UK  
Michelle Craske, University of California, USA  
Cathy Creswell, University of Oxford, UK  
Keith Dobson, University of Calgary, Canada  
Anke Ehlers, University of Oxford, UK  
Cecilia Essau, University of Roehampton, UK  
Allison Harvey, University of California Berkeley Research, USA  
Gillian Haddock, University of Manchester, UK  
Steven Hayes, University of Nevada, USA  
Stefan Hofmann, Boston University, USA  
Peter de Jong, University of Groningen, the Netherlands  
Nimisha Kumar, SGT University New Delhi, India  
Jung-Hye Kwon, Korea University, South Korea  
Robert Leahy, The American Institute for Cognitive Therapy, USA  
Lata McGinn, Yeshiva University, USA  
Farooq Naeem, University of Toronto, Canada  
Arthur M. Nezu, Drexel University, USA  
Christine M. Nezu, Drexel University, USA  
Yutaka Ono, National Center for CBT and Research, Japan  
Christine Padesky, Center for Cognitive Therapy, USA  
Ronald Rapee, Macquarie University, Australia  
Yuji Sakano, University of Hokkaido, Japan  
Paul Salkovskis, University of Oxford, UK  
Matthew Sanders, University of Queensland, Australia  
Roz Shafran, University College London, UK  
Mehmet Sungur, Marmara University Hospital, Turkey  
Tracey Wade, Flinders University, Australia  
Jianping Wang, Beijing Normal University, China  
Sabine Wilhelm, Harvard Medical School, USA



## News from the WCCBT Board

Despite the continuing impact of the Pandemic the Board and the WCCBT Executive Group continued to meet regularly and its final meeting of 2022 will be held on 19th December. This year we were even able to hold our first face-to-face Board meeting during the Annual Congress of EABCT in Barcelona in September.

The launch of the first **World CBT Day** on **7th April 2022** to coincide with World Health Day which marks the anniversary of the founding of the World Health Organisation (WHO) in 1948, was a major achievement and all the WCCBT member associations participated. You can read about the success of the day on the next page. Three of our associations also used their contribution to the day to be part of the first Global Leaders Programme and we were able to recognise **David Barlow, USA, Mark Dadds, Australia** and **Freedom Leung, Hong Kong** as part of this initiative.

As reported in the last eNews (April 2022) the Board has been looking at what it has achieved in its first 3 years and what it still needs to do. The Board has revisited the **Mission Statement**, the **Goals** it set in 2019 and its new **Strategy for 2023 - 2026**. These will be presented at the 2nd General Meeting in Seoul in June 2023 together with any revisions of the By-laws that will help to take forward the work of the Confederation



**Lata McGinn**  
President-Elect,

As we have grown older it has also been time to make a decision on who will take over the Presidency of the WCCBT from Keith Dobson whose term will come to an end in June 2023. We are pleased to be able to announce that **Dr Lata McGinn**, has been elected as the President-Elect and will take up her role next year. Lata has now relinquished her role as Secretary of the WCCBT and that role has been taken on by **Rod Holland**

We are also pleased to announce that the **Canadian Association of Cognitive and Behavioural Therapies** is now a permanent member of the WCCBT following a memorandum of understanding between ABCT and CACBT. Through this agreement they have agreed to share the two seats on the WCCBT Board allocated to North America. We are also nearing a formal agreement with the Australian Association which will enable **AnzaCBT in New Zealand** to also become a full WCCBT member

## Training in CBT

### The Goals of the WCCBT Develop and Support CBT through training

Foster the dissemination of training in CBT worldwide

From the inauguration of the WCCBT in 2019 one of Confederations important goals has been to have a focus on training and how we can support its development worldwide.



**Luis Oswaldo  
Perez Flores**

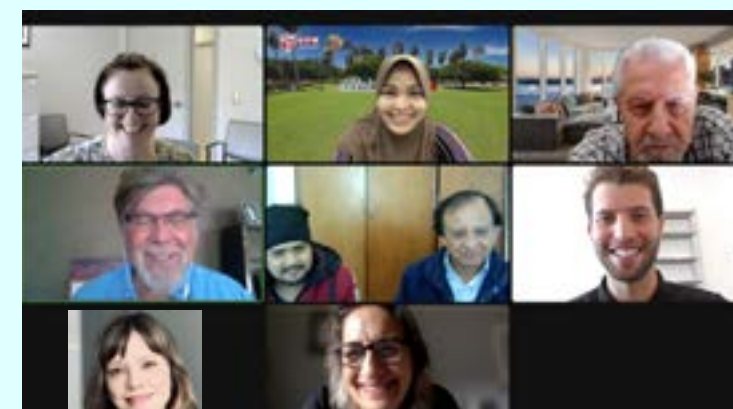
A Training and Accreditation Committee from WCCBT Member associations under the leadership of Board member and Officer-at-Large, Luis Oswaldo Perez Flores was set up and has been meeting once in every month since June 2022 by zoom.

Luis has been joined on the Committee by Jacquie Cohen, Andrea Ashbaugh, Joseph Inhaber, Firdaus Mukhtar, Mehmet Sungur, Helen Macdonald, Julio Obst Camerini and Gabriel Persan.

The group is discussing issues related to establishing training standards and guidelines for practitioners who apply CBT in their daily practice. It is hoped that these guidelines will apply to all CBT practitioners all over the world and it is intended that they ready to be supported at the next WCCBT General Meeting in Seoul June 2023.

A number of associations have well developed training standards and guidelines and some even have processes in place for accrediting individual practitioners and even CBT Training courses. It is not the intention of the WCCBT to impose a new set of standards but rather to look at the commonalities that exist and learn from the experience of member associations. This work will of course help those new and developing CBT associations around the world who are in the early stages of their development.

The group recognised that it is difficult to talk about core competencies without some clarity on the definition of



Top row Left to right: Andrea Ashbaugh (Canada), Firdaus Mukhtar, (Malaysia), Julio Obst Camerini (Argentina). Middle row (Mehmet Sungur, Turkey), Gabriel Persan and Luis Oswaldo Perez Flores (Peru), Joseph Inhaber (Canada). Bottom Row: Jacquie Cohen (Canada) and Helen Macdonald (UK)

Contemporary CBT or "Modern CBT". As CBT is no longer a single approach and has an ever changing and ever evolving nature based on collaboration with the client(s) and integration of evidence based (empirically supported) therapies, the committee initially started with making a broader definition of CBT. It has then formed task forces to look at different topics for establishing standards of CBT training.

The subgroups (task forces) are:-

1. Acquisition of basic knowledge
2. Client Engagement and Collaboration (including therapeutic relationship)
3. Assessment and Case Conceptualization
4. Treatment Structure and Strategies (interventions)

Any one who is interested in the work of this group and would like to contribute is invited to get in touch with Luis on [loperezflores@yahoo.es](mailto:loperezflores@yahoo.es)



## WORLD CBT DAY

The inaugural World CBT day was held on April 7th, 2022, as authorized by the Board of Directors of the WCCBT. Six events took place to mark this initial celebration of cognitive and behavioral therapies, and included events in Europe, Asia, North America, South America, and Australia. These various events were sponsored or managed by a variety of organizations, which deserve great credit and recognition for their efforts in making the day successful.



The program for the World CBT day workshops, professional talks, and public presentations. Doctor Mark Dadds from the University of Sydney provided a workshop entitled "Beyond the manual: How behavioral family interventions work in the real world", sponsored by the Australian Association for Cognitive and Behavioural Therapy. This was a live event.



The other World CBT Day activities were all virtual, in light of the continuing effects of the global COVID pandemic. A second workshop was provided by Dr. Freedom Leung from the University of Hong Kong. This workshop, entitled "Doing CBT's with the help of neuroscience" was pre-recorded and hosted by the Association for Behavioral and Cognitive Therapies (ABCT) in the United States.



A second activity also pre-recorded and hosted by ABCT was a lecture by Dr. David Barlow from Boston University entitled "Neuroticism and disorders of emotion: A new synthesis and approach to treatment".

Three additional activities formed part of the first World CBT day. A series of interviews that highlighted and celebrated the contribution of influential women in the development, training and dissemination of CBT's was presented by the European Association of Behavioral and Cognitive Therapies, and hosted by its President, Katy Grazebrook. This set of interviews included presentations by Drs. Anne-Marie Albano, Judith Beck, Susan Bogles, Diane Chambless, Kristene Doyle, Anke Ehlers, Melanie Fennell, Isabel Fernandez, Edna Foa, Iris Fodor, Elena Heinz, Irina Lazarova, Rosemary Nelson-Gray, Irene Oestrich, Christine Padesky, Monicca Williams, and Janet Wolfe. (A recording of these interviews is still available on [www.EABCT.eu](http://www.EABCT.eu))

A second panel discussion was sponsored by the Latin American Association of Analysis, Behavioral Modification and Cognitive and Behavioral Therapies (ALAMOC). This panel discussion, conducted in Spanish, included Hector Fernandez Alvarez, Luis Perez Flores, Wilson Viera Melo, Maria Esther Lagos, Julio Obst Camerini, Jose Britos Rivas, Juan Jose Moles Alvarez, Sergio Paz Wactson, Roberto Mainieri, Wilber Castellon, Martin Gomar and Keith Dobson.



## The World Confederation of Cognitive and Behavioural Therapies

The WCCBT is a world organisation representing CBT and board members with representatives from:

Asian Cognitive and Behaviour Therapy Association (ACBTA): [acbta.org](http://acbta.org)

Association for Behavioral and Cognitive Therapies (ABCT): [abct.org](http://abct.org)

The Canadian Association of Cognitive and Behavioural Therapies: [cacbt.ca](http://cacbt.ca)

Australian Association for Cognitive and Behaviour Therapy (AACBT): [aacbt.org](http://aacbt.org)

Aotearoa New Zealand Association for Cognitive and Behavioural Therapies [cbt.org.nz](http://cbt.org.nz)

European Association for Behavioural and Cognitive Therapies (EABCT): [eabct.eu](http://eabct.eu)

International Association for Cognitive Behaviour Therapy (IACBT): [i-acbt.com](http://i-acbt.com)

Asociacion Latinoamericana de Analisis, Modificacion del Comportamiento y Terapia Cognitiva Conductua (ALAMOC): [alamoc-web.org](http://alamoc-web.org)

**Send information for the eNews to Rod Holland, WCCBT Secretary at [newsletter@wccbt.org](mailto:newsletter@wccbt.org)**

Finally, Dr. Mehmet Sungur, the Past President of the International Association of Cognitive and Behavioral Therapies conducted an Instagram and YouTube program with a very well-known actor, writer and influencer in Turkey, Ceyda Duvenci. The topic of the discussion was "The impact and significance of CBT in understanding and reducing human suffering and improving quality of life".

As the above demonstrates, the World CBT Day included presentations to clinical professionals, the academic community, and the public at large. Some of the presentations included a modest registration fee, the

proceeds of which will be eventually returned to the World Confederation of Cognitive and Behavioral Therapies, but the primary goal of the event was to highlight the contributions of cognitive and behavioral therapies to the world, and to instil further interest and activity at the international level. World CBT day was a marked success, despite the modest resources that were dedicated to it, and it is hoped that a more vigorous and larger World CBT day will take place on April 7th, 2023.

Keith S. Dobson, PhD  
President, WCCBT



# WORLD CONFEDERATION OF COGNITIVE AND BEHAVIOURAL THERAPIES



## EABCT2022 51st Annual Congress Barcelona on 7-10 September 2022.

It was a wonderful summer for EABCT with the opportunity to hold our 51st Annual Congress in Barcelona. We were hoping to attract 700 delegates to attend in person but instead we welcomed 1127 and this clearly demonstrated the wish from delegates across Europe to return to a live meeting again. Our delegates came from 59 countries not only from all the corners of Europe but also from 19 countries further afield and travelling from as far as Australia, Japan and North America. Since the congress was also able to stream 4 of the sessions to delegates remotely we increased registrations by nearly 200 delegates and the opportunity for everyone who had registered to watch the recordings of these sessions for month after the event had ended made the congresses accessible to as many people, as possible without losing the opportunity for people to meet in person. This is a model EABCT will continue to adopt into the future including our next congress in Antalya, Turkey in 2023

The scientific programme included 11 live Pre Congress workshops attended by over 300 delegates followed by a three day congress with 15 keynote addresses, 108 symposia, 18 skills classes and in-congress workshops plus over 250 poster presentations. This resulted in 576 speakers having the opportunity to present their work many for the first time in their career. An excellent report on the congress has been prepared by Mieke Ketelaars and Maria Bekendam who are both science journalist and part of the scientific team of the Dutch Association for Behavioural and Cognitive Therapies (VGCT). Their report looked at some of the latest research results from the congress and how these translate into clinical practice? In the first part of their report, they asked some of the keynote speakers (Ioana Alina Cristea, Italy; Emily Holmes, Sweden; Carmelo Vázquez, Spain; Gerhard Andersson Sweden; Paul Gilbert UK; Kerry Young UK; Keith Dobson, Canada; Claudi Bockting, the Netherlands; Todd Farchione, USA and Caroline Braet, Belgium) about their field of expertise. In the second part they provide a summary of several of the symposia that were run during the Congress. The report can be viewed on the [EABCT website](#)



Eva Baillés and Josep Maria Argimon,  
Minister for Health for Catalonia

Each year the host association of the EABCT congress has the opportunity to nominate a member of their association to receive an EABCT award. The Societat Catalana de Recerca i Teràpia del Comportament (SCRiTC) nominated **Dr Eva Baillés**, a former President of SCRiTC, for her contribution to CBT dissemination in Catalonia, and for consolidating SCRiTC as the prominent mental health and CBT scientific society that it is today. The award was presented to Eva at the opening ceremony of the Congress by Dr Josep Maria Argimon, Minister for Health for Catalonia

At the closing ceremony EABCT was also able to award **Dr Simon Blackwell** from the Department of Psychology, Ruhr-Universität Bochum, Germany with the EABCT Annual Early Career Award



# eNEWS

December 2022



AACBT

AUSTRALIAN ASSOCIATION  
FOR COGNITIVE AND  
BEHAVIOUR THERAPY

## AACBT22 our 42nd National Conference Melbourne on 13-15 October 2022

We welcomed 300+ delegates over the three days, and they enjoyed 4 streams of scientific program over 2 days, plus 1 day of workshops.

Our days were headlined by Willem Kuyken and Cammi Murrup-Stewart, plus a diverse range of invited speakers - the topics covered ranged from mindfulness, First Nations peoples, ABI, personality disorders, trauma, and trans & gender diverse young people.

Feedback was excellent, including:

*"The diverse keynote topics were excellent, useful, and thought-provoking. It was fantastic to see colleagues in person after two years of hiatus. I had a wonderful time. Thank you AACBT! I look forward to next year's national conference!"*

*"The presentations left me thoughtful about my practice and definitely keen to return to another AACBT event. There was an open mindedness that was evident at this conference that has been missing at some previous and other conferences - an acceptance of different professions and ideas while maintaining scientific rigour. This was very encouraging and I left the conference feeling energised and hopeful for the future of CBT in Australia."*

It has also been a double celebration for **Ross Menzies**, AACBT representative and the Treasurer of the WCCBT. At the AACBT Conference in Melbourne Ross was awarded the Distinguished Career Award for his Contribution to Cognitive or Behavioural Research and Therapy

**Rachel and Ross Menzies** were also the proud winners of the People's Choice Award at the 2022 Mark & Evette Moran NIB Literary Awards for their book **"Mortals"** (Allan and Unwin) which focussed on death anxiety and examines all the major human responses to death across history. Congratulations and you can view the [award ceremony](#) on this link



Ross and Rachel Menzies







The International Association of CBT has formed a joint committee with the Academy of CBT to further delineate our affiliation. They now jointly publish a Newsletter "Advances in Cognitive Therapy" and their official journal "International Journal of Cognitive Therapy" which is moving into a new era. John Riskind, will step down from the journal as editor in a January 2023 after serving the IACBT for over 20 years and they are deeply grateful for his service. John will be working closely with the new editor, Edward Selby, from Rutgers University in New Jersey. IACBT is also welcoming Dennis Tirch, President of the NYC-CBT Association and The Compassionate Mind Foundation USA, as a new Board member.



This year IACBT and the Academy Boards have also jointly launched a new Humanitarian Award and thanks go to Bob Leahy for spearheading this initiative. It was excellent news that Iga Jaraczewska has been recognised as the first recipient of this award. Iga is a clinical psychologist and CBT supervisor from the Polish Association of CBT which is a member of EABCT. During the last year, Iga has been instrumental in organizing training for therapists in Poland and Ukraine who are working with refugees. This program is now online and is available worldwide for free for anybody who is interested in learning about how to help refugees. Iga and her colleagues have been fortunate to be able to recruit some of the top people in the world in Cognitive Behavior Therapy.



It was also a pleasure to learn that Lynn McFarr, IACBT President and Board member of the WCCBT has been awarded the 2022 ABCT Distinguished/Outstanding Contribution for Education/Training in recognition of the profound influence that her work has achieved for so many people over so many years.

The International Congress of Cognitive Psychotherapy (ICCP) was held virtually in May, 2021. It was a tremendous success with participants from across the globe spanning the world of CBT held in the most trying of times! With the recent change in name to the International Association of Cognitive Behavioral Therapy (IACBT) to reflect the broader umbrella of CBT while still honoring their cognitive roots their Congress is also being rebranded to be the IACBT Congress. However, due to shifting world circumstances IACBT's proposed 2024 Congress site is being changed and the Board of Directors of IACBT is soliciting new bids for the International Congress of Cognitive Behavioral Therapy (ICCBT 2025) in June. Bids will be considered at a meeting to be held in, January 17, 2023, and a successful host city and organization will be named at that time, or as soon as possible thereafter.



Listen to Keith on [www.wccbt2023.org](http://www.wccbt2023.org)

## 8<sup>TH</sup> ASIAN CBT CONFERENCE

NEW DELHI – MARCH 2024

### Promoting Inclusiveness in CBT: Perspectives and Challenges

6th to 9th March 2024  
The India Habitat Centre, New Delhi



#### Themes

CBT in everyday life issues | Child & Adolescent issues | Apathy, Anger and Aggression | New trends in Anxiety disorders | Early Intervention CBT models | CBT for Trauma, Grief & Abuse | Digital & Social media addiction | Environmentally consciousness behaviors | Issues of LGBTQ community | Low and middle income groups



After two years of running virtual conventions it was a pleasure to once again be able to have the opportunity to return to participating in person at ABCT's 56th Annual Convention held in New York City in November. 3,700 delegates made it to NY to join the convention which had the theme of "Emergency & Disaster Preparedness and Response: Using Cognitive and Behavioral Science to Make an Impact". With the experience we have all had over the past 2 years this was such an important theme and the immense amount of work in this area was reflected throughout the programme.

Congratulations go to **Dr Patricia Resick** who gave ABCT's Lifetime Achievement Award Address on "Cognitive Processing Therapy for PTSD: Where We Have Come and What is Next" during the convention.



Congratulations also to **Dr. Steven A. Safren**, Professor of Psychology and Director of the Center for HIV and Research in Mental Health at the University of Miami who was elected as President-Elect and will take office in November 2023 at the next ABCT Annual Meeting of Members during the 57th Annual Convention.

### Cultivating Joy With CBT.

Put a date in your diary for 2023 and join ABCT in Seattle and celebrate the convention theme of **Cultivating Joy With CBT**. Within this theme the convention will highlight advances across research, practice, and education that feature approaches to addressing inequity and injustice within our field, as well as improving mental health, physical health, meaning, and well-being in the world.

Information about the convention and how to submit abstracts will be on ABCT's website, [www.abct.org](http://www.abct.org), after January 1, 2023 and the online submission portal will open on 7th February 2023

ABCT

Cultivating Joy With CBT

57th Annual Convention

November 16–19, 2023



#### Call for Abstracts 2023

Program Chair: Emily Bilek, Ph.D. | Associate Program Chair: Krystal Lewis, Ph.D.  
ABCT President: Jill Ehrenreich-May, Ph.D.





# WORLD CONFEDERATION OF COGNITIVE AND BEHAVIOURAL THERAPIES

eNEWS  
DECEMBER 2022



## **XIX LATIN AMERICAN CONGRESS OF ALAMOC – PANAMA, Sep 30th Oct 2nd.**

The 19th Conference of ALAMOC held in Panama this year (XIX CLAMOC – 2022) was a completely academic success. The event dates were from September 30th y October 2nd. With its motto “Transforming impact of CBT as Aaron Beck’s legacy”, a post-memorial tribute was given to Dr. Aaron Beck, who passed away last year on November 1st.

This conference was organized by the Panamanian Institute of CBT (IPTCC) and was chaired by Dr. Ricardo Turner. 450 people from 21 countries participated. Delegates from Argentina, Bolivia, Brazil,

Canada, Chile, Colombia, Costa Rica, Dominican Republic, Ecuador, Spain, Guatemala, Honduras, Israel, Mexico, Panama, Paraguay, Peru, El Salvador, Uruguay, USA and Venezuela, join us in the event. The scientific program was composed by 8 workshops, 6 keynote speeches and 36 lectures that was held simultaneously in 3 or 4 rooms. As well, The ALAMOC General Assembly for Members was held the Conference.

The Keynote speakers were Dr. Judith Beck (USA), President of Beck Institute and Dr. Aaron Beck’s daughter; Dr. Keith Dobson (Canada), President of the World Confederation of Cognitive and Behavioural Therapies (WCCBT); Dr. Luis Oswaldo Pérez Flores (Peru), ALAMOC delegate to the World Confederation of Cognitive and Behavioural Therapies (WCCBT); Dr. Julio Obst Camerini (Argentina), current President of ALAMOC; Dr. Hector Fernández-Álvarez (Argentina), award for distinguished contributions to the international advancement of Psychology by the American Psychological Association (APA), in 2016 and 2022; and Dr. Robert Leahy (USA), past-President of the American Association for Behavioural and Cognitive Therapies, the Academy of Cognitive Therapy and the International Association of Cognitive Therapy.

All lectures considered a period of questions and answers which allowed the interaction between participants and speakers. Those records were available for a week after the event was over. This was a virtual conference and a platform with cutting-edge technology was used. It simulated a convention centre through which participants could attend the lectures or events of their choice.

The academic display was complemented by artistic presentations which highlighted Panamanian folklore.

Dr Ricardo Turner  
President XIX CLAMOC



The Latin-American Association of Analysis, Behavioral Modification and Cognitive and Behavioral Therapies (ALAMOC)) invites to the **XX 20th Latin American Congress of Behavioral & Cognitive Therapies – CLAMOC Santa Cruz de la Sierra 2024**, hosted by The Private University of Santa Cruz de la Sierra (UPSA) in alliance with the Bolivian Association of Cognitive and Behavioral Therapies at Santa Cruz de la Sierra (Bolivia) from April 18<sup>th</sup> to 20<sup>th</sup> in 2024.

The congress theme “Life after the pandemic – finding a sense of normality” addresses the stressful influence of the pandemic on everyone in society, and the impact it had on vulnerable people. Cognitive behavioral therapy is a highly flexible model that may be of particular benefit under the current stressful conditions

This congress will take place in Santa Cruz de la Sierra, a fast-growing city in Bolivia. The city is an excellent example of traditional values combined with a modern lifestyle. Santa Cruz is a paradise with a tropical savanna climate, exciting nightlife, amazing wildlife, and unique culture. You will experience local vendors, traditional clothing, time-honored customs, colonial architecture, and upscale restaurants. Santa Cruz de la Sierra is the gateway to amazing outdoor activities in Bolivia including hiking, watching wildlife, river rafting, and sandboarding. Although the city is still developing, it is one of the most contemporary cities in the country.

We look forward to sharing this unique event and welcoming you to Santa Cruz, Bolivia in 2024. More information: clamoc2024santacruz@yahoo.com



ANZACBT were lucky enough to host a one-day workshop entitled “Mindfulness For Life” presented by Professor Willem Kuyken on Friday 21 st Oct 2022. at the Novotel, Cathedral Square, Christchurch  
Willem presented an engaging workshop teaching mindfulness as a transformative lifelong practice linking ancient traditions and modern psychology enabling an understanding of a set of foundational skills for life. Its application was explored enthusiastically by attendees and many wished this hadbeen for two days not one!

## **Canadian Association of Cognitive and Behavioural Therapies**



**2022 Conference - Vancouver**  
CACBT hosted its 12th Annual Conference virtually and it was well received with a record turn out with approximately 277 delegates! The Conference included a stimulating line-up of speakers, who spoke on topics identified as important by its membership. Dr. Christopher Martell presented our full-day clinical workshop entitled, Affirmative

CBT: What to Know When Working with LGBTQ+ Clients, supporting members’ strong interest in learning and reflecting on how to ensure our CBT practices are sensitive to issues of diversity and inclusion. Our half-day clinical workshops spanned a variety timely clinical topics by leading Canadian researchers/clinicians, including CBT for health anxiety and fear of death by Dr. Trish Furer, advanced considerations in virtual care by Dr. Christine Korol, and mindfulness practices for eating-related problems (given in French) by Dr. Johana Monthuy-Blanc, Dr. Marie-Josée St-Pierre, and Émie Therrien.  
In addition, Dr. Michel Dugas provided an invited talk in French on treatment of generalized anxiety, and Dr. Martell’s workshop was simultaneously translated to French in live time. The conference ended with a keynote by Dr. Steven C. Hayes, entitled, ACT, Psychological Flexibility, and the Future of CBT. The conference also featured research and clinical posters and research-to-practice symposia  
Using a platform called Gathertown delegates were able to interact with poster presenters, exhibitors, and other attendees like they would in person byt moving their avatars around the room to interact with others

Next year’s Conference is in May 2023 in Halifax!  
<https://cacbt.ca/en/conferences/previous-conferences/>

