



## 10th World Congress of Cognitive and Behavioral Therapies

June 1 - 4, 2023 | COEX, Seoul, South Korea  
[www.wccbt2023.org](http://www.wccbt2023.org)

### Global CBT Dissemination, Accessibility and New Technology

#### Co-chairpersons Organizing Committee



**Kee-Hong Choi**  
Korean Association of  
Cognitive Behavioral Therapy  
Korea University



**Kyong-Mee Chung**  
Korean Clinical Psychology  
Association  
Yonsei University

At long last and after many years of preparation and challenges we are looking forward to welcoming delegates to the 10th World Congress of Cognitive and Behavioral Therapies on behalf of the Asian Cognitive Behavioral Therapy Association and the World Confederation of CBT. There is still two months to go before we meet in 1st June in Seoul and we are now expecting to be joined by nearly 2500 delegates from over 50 nations around the world.

We are committed to continuing the tradition of successfully organizing the most important international event in the world of CBT. WCCBT 2023 will provide a platform for thought-provoking discussions on the future of CBT, considering different historical, philosophical, and theoretical approaches to our field, particularly in this new era of rapidly evolving technologies. The Congress will be an ideal opportunity for you to connect and reconnect with CBT professionals from around the globe.

Seoul, the capital of Korea, is the heart of Korea's culture and education and for those of you who will be making the journey we will be ensuring a warm welcome and an experience that you will remember for a long time.

The closing date for submissions to present at WCCBT2023 has now closed and we are able to report that there has been an excellent response from around the world. We are going to be able to put together a first class scientific programme of symposia, skills classes, clinical round tables and debates, in-congress workshops, open papers and posters. The full programme will soon be available on the congress website alongside the invited keynote addresses and Pre-congress workshops which are already available for you to see.

We now invite you to the scientific programme of WCCBT2023 and a great opportunity to listen to talks and workshops that will be given by many well-known experts in the field of cognitive behavioural therapy and to the many new researchers and practitioners who will be presenting their work for the first time.

#### Co-chairpersons Scientific Committee



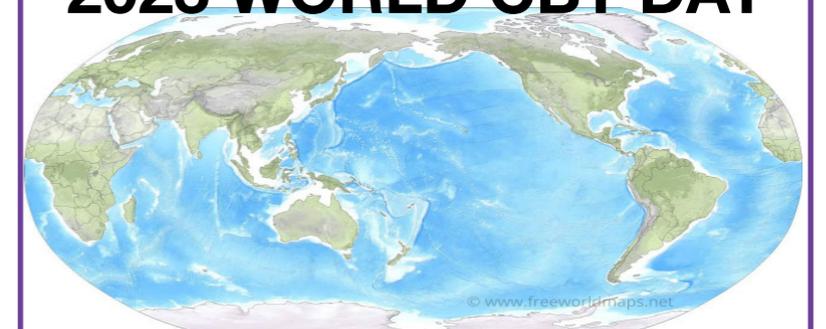
**Younghee Choi**  
METTAA Institute



**Simon Blackwell**  
Ruhr-Universität Bochum



## Remember 2023 WORLD CBT DAY



Friday 7th April 2023  
see page 3

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

There is still time to register before the online registrations closes on 14th May

## From the President's Desk

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



Keith Dobson  
WCCBT President

We are now just a few short weeks away from the 2023 World Congress of Cognitive and Behavioral Therapies in Seoul, South Korea. This conference represents a milestone in the development of global mental health, as it brings together experts from around the world to both share their knowledge and skills, and to communicate directly with each other. The last three years of the global pandemic has severely tested everyone, and in particular the ways in which our health care systems have managed the enormous number of people with significant anxiety, depression relationship distress, substance use and other problems that were attendant to the pandemic. The CBT community has responded extremely well to this crisis; for example, sharing best practices, and developing and deploying of distance technologies. Indeed, some of the (few) positive legacies of this global pandemic will be an increased understanding of how to use digital technologies to optimize mental health, and the infrastructure to do so.

I am an optimist by nature, but recent events suggest that I should perhaps temper this tendency. The Russian invasion of Ukraine has generated global tensions, large numbers of displaced persons, and the threat of potentially even more international dispute. Even the ability to converse

among colleagues from Russia and elsewhere has been affected. The recent horrific earthquakes in Syria and Turkey show how fragile humans are in the face of nature. But perhaps of most of concern to me, and of serious global portent is the risk of ongoing environmental disasters, leading to possibly the largest numbers of global refugees in history. Although humans are remarkably resilient in the face of stress and trauma, I worry that our global political, economic and health systems will be severely tested in the coming years, and possibly beyond their breaking points. In this regard, organizations such as the WCCBT are sorely needed, to work together among different regions of the world, to share resources, and to optimize the number and training of health care providers to meet these global challenges.

It has been my privilege to serve as President of the WCCBT. I will conclude my term at the 2023 World Congress and transfer the role to Dr. Lata McGinn. I have worked with Lata for many years now in different organizations and I have every confidence that she will maintain and surpass whatever contributions I have been able to make in this role. She will also be in office until the next World Congress, which will take place in June, 2026 in San Francisco, USA. I am curious to see how the WCCBT will evolve between these major events, and what accomplishments may accrue over that time. In closing, I want to thank the members of the Board of Directors and Executive for all of the hard work that they have provided in the last few years, and for helping this fledgling organization take flight.

Keith S. Dobson,  
President, WCCBT

## News from the WCCBT Board

The WCCBT Executive and Board meet regularly and the final Board meeting before the World Congress in June took place on 20th/21st March depending where in the world the Board member was joining from.

Final plans for the **2nd World CBT Day** (see page 3) that will take place on Friday 7th April 2023 were presented and a number of CBT association have ready made plans on how to use the day to connect with a wide audience in their country. Contributions to the 2023 renamed **Global Ambassadors Programme** lead by the president elect, Lata McGinn are also being developed by each of the member associations and **Matt Sanders** will be running a workshop in the autumn on behalf of the AACBT going to run a workshop in Australia.

A formal agreement has now been signed between the Australian Association (AACBT) and **AnzaCBT in New Zealand** to share the two seats previously allocated to AACBT to allow them to become a full member association of the WCCBT.

After reviewing the WCCBT **Mission Statement**, the **Goals** it set in 2019 and its new **Strategy for 2023 - 2026** proposals for some minor changes in the **by-laws** to bring them up to date have been proposed and these will be presented at the 2nd General Assembly

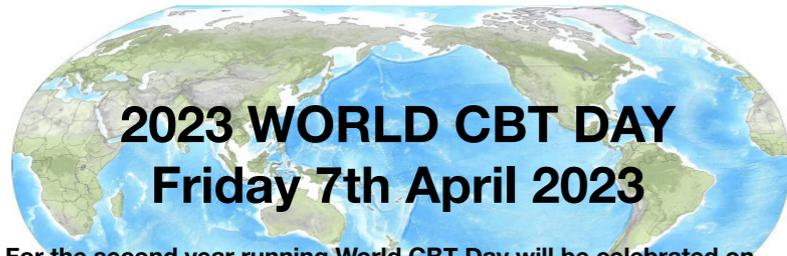
Preparations for the **WCCBT 2nd General Assembly** which was postponed for year because of the pandemic are being finalised and it will be held during the 10th World Congress on Saturday 3rd June. All members of the WCCBT who are attending the Congress are welcome to attend.

The meeting will also receive proposals from the **WCCBT Training and Accreditation Committee** who have been working to develop a global approach to quality training in CBT. In this edition of the eNews you can read an article written by **Andrea R. Ashbaugh** who attended a workshop on the Ensuring Quality in Psychological Support (EQUIP) competency assessment tool endorsed by the World Health Organization in Tunisia on behalf of the WCCBT (see Page 4).

The WCCBT is also moving forward with connecting with **African CBT associations (Pages 5 and 6)** with the long-term aim of a Regional African association becoming a full member of the WCCBT. It is collaborating with the EABCT who are also looking at re-establishing a **Pan-African network** that was originally started in 2014.

The meeting was joined by **Kyongmee Chung** and **Kee-Hong Choi** the co-persons of the **10th World Congress** that will take place in Seoul, South Korea who were able to give a positive report on the progress in the organisation of the congress which is guaranteed to be a great success.

Mary Jane Eimer from ABCT was also able to provide the dates for the **11th World Congress** that will take place in San Francisco, California, USA from 24th - 28th June 2026



**For the second year running World CBT Day will be celebrated on Friday 7th April with a number of CBT Associations around the world reaching out to the public and to their colleagues to mark the day.**

The **Canadian Association (CACBT)** is planning to put together social media posts and people can link to their website and social media. Their Twitter handle is @cacbt and our Facebook page is <https://www.facebook.com/CACBT>

Members of **ABCT** including their President, Jill Ehrenreich-May will be doing presentations on World CBT Day. Information on the programme will be posted on the ABCT forum, website [www.abct.org](http://www.abct.org), and social media platforms.

Several associations in Europe have planned online presentations, lectures and live sessions on social media platforms on mental health and psychotherapy. **EABCT** invites you to check out the latest 'Women in CBT' video series on the [www.eabct.eu](http://www.eabct.eu) on the 7th of April for the interviews with influential women in CBT.

**CSKBT (Czech Republic)** have planned a series of short lectures on CBT, DBT, Schema Therapy and Compassionate Mind Therapy, which will be streamed online and promoted by their younger colleagues on various social media platforms. <http://www.cskbt.cz/>

**ACBTS (Serbia)** will be running an interactive Instagram and Facebook live sessions with influencers. on *Promoting Mental Health in an Age of Uncertainty* See [www.ukbt.org.rs](http://www.ukbt.org.rs) The main themes are: *Mental health stigmatisation*: Highlighting that mental health is just as important as physical health; *Anxiety management*: Exploring strategies for managing dysfunctional worry, catastrophizing and intolerance of uncertainty; *Access to qualified providers*: Empowering individuals to seek help and providing list of qualified CBT professionals; *Prevention*: Promoting mindfulness practices and other techniques for self-care. Following the event, materials will be summarised and compiled into a booklet for further reference.

**Bosnia and Herzegovina (BHACBT)** will be running free online presentations on CBT for the public held by therapists and supervisees. Following the main event, they will also make CBT promotion material for social channel in their local language. Main themes are: Evidence-based strategies to manage stress and anxiety based on CBT principles in a business environment (Title: "Rastresite stres"), and during pregnancy and after childbirth (Title: „Kako si se ti osjećala? Da li je ovo normalno?") These activities will be online and on the association's social networks: <http://kbt.ba/>, <https://www.facebook.com/kbt.ba/>, <https://www.instagram.com/kbt.ba/?igshid=YmMyMTA2M2Y%3D>

**CACBT (Croatia)** will offer free online presentations on CBT for the public held by therapists and supervisees. These will be in the form of a lecture followed by questions from the audience. <http://cabct.hr/>

**CACBP (Cyprus)** will be doing a podcast and posting material on Facebook. <https://www.cacbp.com>

**GACBP Greece)** will celebrate World CBT Day through a series of talks and lectures related to psychotherapy with invited guest speakers including Katy Grazebrook the President of EABCT Visit [www.gacbp.com](http://www.gacbp.com)



You can reserve your spot by visiting the following link: <https://www.eventbrite.com/e/livestream-tickets-588529185637>



**ALAMOC (Latin America)** is hosting a free virtual conference on 6th/7th April via Google Meets to celebrate World CBT Day

- Julio Obst Camerini (ARG)
- Bryan Oyarzum (CHI)
- Ricardo Rodríguez Biglieri(ARG)
- José Gaspar Britos (PAR)
- Wilson Vieira Melo (BRA)
- Edgar Pacheco Luza (PER)
- Guillermo Rivera Arroyo (BOL)
- Sergio Paz Wactson (ECU)
- Luis O. Pérez Flores (PER)

<https://www.alamoc-web.org>

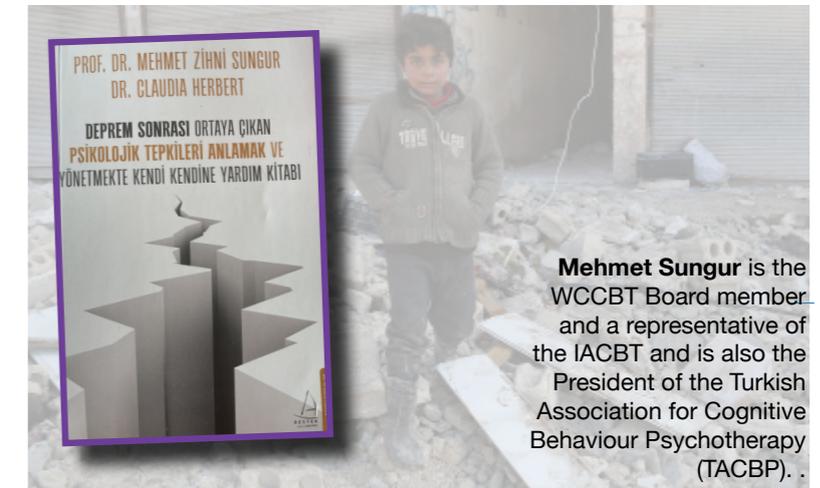
On behalf of **IACBT** (<https://i-acbt.com>) and **TACBP (Turkey)** Mehmet Sungur will be interviewed by well known public figures about the importance of the World CBT day and significance of Evidence based therapies on 7th April on Instagram where a couple of thousand people will attend and listen.



Instead of a World CBT Day the **Indian Association of CBT (IACBT)** is having a World CBT Week. On 5th April Nimisa Kumar, President of IACBT will be running an online workshop for undergraduate psychology students. On the 7th IACBT is planning to have a live talk on CBT on Instagram or facebook. On 8th there will be a CBT Open House for students and practitioners and on 10th a short play (drama) on emotions is going to be held in one of the Psychology colleges in New Delhi in collaboration with a theatre group. On the same day there will be a slogan writing competition on mental health awareness with prizes awarded to the best three slogans. Members of IACBT will also be giving talks on CBT and mental health awareness in different parts of India. Visit <http://iacbt.org> to see the full programme

Other associations will also be contributing on 7th April and a full report will appear in the next WCCBT eNews in August

## Understanding and Managing Psychological Reactions following the Earthquake Disaster



**Mehmet Sungur** is the WCCBT Board member and a representative of the IACBT and is also the President of the Turkish Association for Cognitive Behaviour Psychotherapy (TACBP).

Following the tragic disaster that struck Turkey and Syria on 6th February 2023 Mehmet quickly produced “**A self help book for Understanding and Managing Psychological Reactions following the Earthquake Disaster**”. This book has been written for survivors of the Earthquake Disaster and is given free of charge to those people who have been directly and indirectly exposed to the devastating consequences of trauma. The original first edition of the book was written in the year 1999 following the Marmara Earthquake and this version is now extended covering the needs of children and adolescents in addition to adults, psychological first aid for victims of trauma. It is tailored according to the needs of the new earthquake survivors and is dedicated to the people who have lost their lives and their loved ones who are left behind in pain and those people who generously volunteered to work at the earthquake area with ultimate compassion for helping victims to survive and maintain their basic needs

The Turkish Association, TACBP is also running education courses on psychological first aid and self-help about how to manage psychological reactions that emerge following the EQ disaster for the public

You can also find a link on the WCCBT website (<https://www.wccbt.org>) to a Utube presentation on Psychological First Aid that **Lata McGinn**, WCCBT President -Elect produced to train Polish Mental health Workers working with Ukrainian refugees which translates well across all disasters



## Assessing Competency – A global approach

**Andrea R. Ashbaugh, Ph.D., C. Psych**  
Associate Professor, University of Ottawa  
WCCBT Training and Accreditation Committee



Andrea R. Ashbaugh

In March, I had the great pleasure to attend a 4-day workshop on the Ensuring Quality in Psychological Support (EQUIP) competency assessment tool endorsed by the World Health Organization in Tunisia. Not only was the training a fantastic opportunity to learn about a new tool to assess clinical competency, it was also a great opportunity to meet

clinicians from all corners of the globe, many of whom work for humanitarian organizations providing supervisory support to helpers in the field. It was a concrete reminder for me of the how difficult it is to access mental health specialists globally. Indeed, the EQUIP tool was developed in recognition that, in many instances, mental health specialists are not the individuals necessarily providing mental health supports.

EQUIP is a competency assessment tool and online platform aimed at improving mental health and psychological support services. The EQUIP tools and platform are freely accessible and there are over 11,000 registered users globally. The main users are organizations aimed at providing services to underserved populations and those requiring urgent psychological support, including refugees and those living in war zones. It is designed to be used by supervisors of helpers (e.g., those working in the field, trainees etc.) to assess basic therapeutic helping skills and to identify, with the goal of eliminating, potentially harmful behaviours.

At the core of EQUIP is ENACT (Enhancing Assessment of Common Therapeutic Factors), a competency rating tool which focuses on 15 common therapeutic factors that were identified in systematic review as common factors (e.g., verbal communication, non-verbal communication etc.) relevant to helpers in low- and middle-income countries (Pedersen et al., 2020). Supplemental competency modules are also available, including tools related to group therapy, and remote work, some manualized interventions (e.g., Problem Management Plus) and some general therapeutic orientations. The competency modules most relevant to CBT practitioners are Cognitive Competencies, Motivational Enhancement Competencies; Problem Solving Competencies; Stress Management & Relaxation Competencies.

For each competency tool raters identify different categories of behaviours (e.g., unhelpful, basic, advanced) believed to be pertinent to the competency being assessed. If any unhelpful behaviour is identified the helper is rated as a level 1, the idea being that it is imperative to identify behaviours in helpers that are potentially harmful. If no or some but not all basic skills are identified they are rated as a level 2, if all basic skills are identified they are rated as a level 3, and if all basic skills and any advanced behaviour is identified they are rated as a level 4. These ratings can be completed based upon either standardized role plays (either brief role plays to assess a specific competency or longer role plays in which all competencies are assessed) or live observation. In addition to the basic competency rating, recommended roles plays with prompts to assess each competency are also available. A web platform is also available to help track competencies and identify areas of growth. One particularly notable strength of EQUIP is that this tool appears to be quite adaptable across different cultural contexts.

How is this tool useful for CBT practitioners? The core ENACT tool allows for a standardized way of assessing basic helping skills that are integral to any form of therapy. Therefore, CBT practitioners who are supervising trainees, whether as part of Ph.D. programme, supervised practice, or other allied mental health practitioners, will appreciate having a tool to assess basic helping skills in a standardized manner. I personally, am looking forward to integrating it into my supervisions. Additionally, with the additional CBT related competency tools are a welcome addition to the few CBT competency tools currently available, such as the Revised Cognitive Therapy Rating Scale (Blackburn et al., 2001). Indeed, the checklist nature of the competency tools and the role play prompts, may make it an easier tool to use when assessing competency compared to some other CBT competency tools. Furthermore, the specificity of the competency tools is also helpful. For example, there are separate tools for Behavioural Activation and Cognitive therapy. Of course, all of this is based on the personal opinion of one CBT practitioner for a relatively new assessment tool. I hope to see more research, particularly on the CBT related tools, examining the utility and validity of the EQUIP platform. If you would like more information on EQUIP, including access to the tool, as well as relevant peer-reviewed publications, you can go to the website, [equipcompetency.org](http://equipcompetency.org).

### References:

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- Pedersen, G. A., Lakshmin, P., Schafer, A., Watts, S., Carswell, K., Willhoite, A., Ottman, K., van't Hof, E., & Kohrt, B. A. (2020). Common factors in psychological treatments delivered by non-specialists in low- and middle-income countries: Manual review of competencies. *Journal of Behavioral and Cognitive Therapy*, 30(3), 165–186. <https://doi.org/10.1016/j.jbct.2020.06.001>





# WORLD CONFEDERATION OF COGNITIVE AND BEHAVIOURAL THERAPIES

**Mission** The World Confederation of Cognitive and Behavioural Therapies (WCCBT) is a global multidisciplinary organization dedicated to the prevention, assessment, and treatment of mental distress and suffering, and the promotion of health and well-being through the scientific development and implementation of the broad range of evidence-based cognitive and behavioural approaches

The WCCBT Member Associations cover  
**Asia**, represented by the Asian Cognitive and Behavior Therapy Association (ACBTA)  
**North America**, represented by the Association for Behavioral and Cognitive Therapies (ABCT) and Canadian Association of Cognitive and Behavioural Therapies/ L'Association Canadienne des thérapies cognitives et comportementales (CACBT/ ACTCC)  
**Australasia**, represented by the Australian Association for Cognitive and Behavioural Therapies (AACBT) and Aotearoa New Zealand Association for Cognitive and Behavioural Therapies (AnzaCBT).  
**Europe** represented by the European Association of Behavioral and Cognitive Therapies (EABCT)  
**Latin America** represented by the Latin-American Association of Analysis, Behavioral Modification, and Cognitive and Behavioral Therapies (ALAMOC).  
The International Association of Cognitive Behavioral Therapy (IACBT; formerly the International Association of Cognitive Psychotherapy; (IACP) is also a member.....

**but at present there is no regional association to represent the continent of Africa**

One of the Strategic Aims of the WCCBT has always been to **Support the development and profile of Cognitive and Behavioural Therapies (CBT) worldwide, while promoting equity, inclusion and diversity.**

Included in this aim is the determination to support the development of a regional association in Africa with full membership of the WCCBT. This may take a few years but we are starting by highlighting work that has taken place in four established CBT associations in Morocco, Tunisia, Egypt and South Africa

EABCT initiated a Pan African CBT Network when they held their annual congress in Marrakesh in Morocco in 2013. This congress provided a real opportunity for clinicians, academics and researchers interested in CBT in Africa to come together and the Pan African CBT Network was formed with the aim of identifying and making links with colleagues with an interest in CBT in countries in Africa. The initiative has recently been revived and EABCT is keen to link it to the Mobile Academy that they have been developing to provide elements of CBT training to associations or countries where local opportunities for CBT training are limited, or may benefit from additional support



[www.amtcc.ma](http://www.amtcc.ma)

## Moroccan Association of Behavioral and Cognitive Therapy

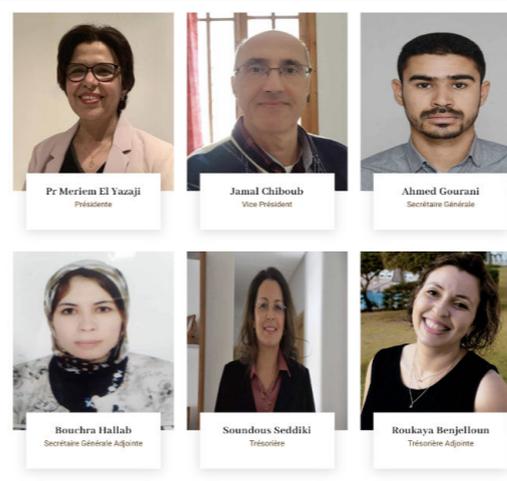
Association Marocaine de Thérapie Comportementale et Cognitive.

الجمعية المغربية للعلاج السلوكي والمعرفي

It was in 1997 that members of the Francophone Association for Training and Research in Behavioral and Cognitive Therapy (AFFORTHECC) gave up their time and energy to train a group of Moroccan psychiatrists at the TCC. This group then formed the core of the Moroccan Association of Behavioral and Cognitive Therapy (AMTCC) in 1999 with the aim of disseminate CBT in Morocco. Since that time the AMTCC has continued to promote behavioral and cognitive therapy by holding an annual congresses and running study days and supervision programs for therapists who wanted to increase their knowledge of cognitive behaviour therapy.

In 2002 the Faculty of Medicine of Casablanca established of a university degree and subsequently of a diploma of applied TCC to medicine and AMTCC has participated actively in these programmes. This has led to a meteoric rise in the practice and availability of CBT as an alternative or complimentary approach to traditional treatments for mental health problems.

### AMTCC Bureaux Actuel



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CBT in Morocco was further enriched by the contribution of members of the European Association (EABCT), who regularly visited to run workshops in Morocco. In September, 2013 EABCT, in partnership with the AMTCC and the Faculty of Medicine of Casablanca, organized its annual congress Marrakesh giving new impetus to the CBT in Morocco. This was the year that AMTCC became an affiliate member association of EABCT.

In 2015 AMTCC moved its base to Casablanca and in 2020 gave itself a makeover: a new logo and new website and new developments!



**AMTCC's 2023 National Congress on TROUBLES DE STRESS POST-TRAUMATIQUE** has just taken place in Casablanca. Returning to a face to face meeting the Congress attracted 200 participants with many speakers from Canada, France and Morocco. AMTCC is now preparing for their congress in 2024





# WORLD CONFEDERATION OF COGNITIVE AND BEHAVIOURAL THERAPIES

# eNEWS

APRIL 2023

www.eacbt.info



The Cognitive Behaviour Therapy Association of South Africa (CBTASA) was officially founded in October 2019 and is a constituted, non-profit organization



Their **goal and mission** is to promote mental health by providing evidence-based treatments and to disseminate and develop CBT in South Africa and in the African region.

As an umbrella body **CBTASA** represents all the related therapy models - CBT, REBT, DBT, Acceptance and Commitment Therapy, Schema Therapy, Unified Protocol, Mindfulness Based Cognitive Therapy, etc. therapies in South Africa.. It provides a home to all new and established CBT practitioners in South Africa and they can join as Accredited, Academic, Advanced Associate, Associate or Open/Student members. There are now 45 members and a team of four committee members, chaired by the director of **CBTASA**, Shane Pienaar-Du Bruyn, who are responsible for the development of the Association



Shane Pienaar-Du Bruyn



The most recent edition of the **CBTASA NEWSLETTER** which is published biannually introduces the training standard that guide their members and the monthly online CBT reading and peer supervision group that is planned for the future Prof Anita Padmanabhanunni from the University of the Western Cape is the Principal Researcher working with colleagues at North-West University and Stellenbosch University on a "An analysis of current curriculum practices at South African Universities offering training in CBT". There is also an alert about the **CBTASA** conference that is being planned for 2024 in Cape Town.

In September 2022 **CBTASA** became an Affiliate Member of EACBT and is actively working with them to re-establish the Pan-African Network of people involved in CBT projects and developments in Africa. The 18 African countries represented so far are South Africa, Ghana, Zimbabwe, Uganda, Egypt, Morocco, Rwanda, Tunisia, Nigeria, Ivory Coast, DRC, Burkina Faso, Burundi, Kenya, Ethiopia, Malawi, Namibia and Tanzania. If any readers have information on activities in other parts of Africa the Pan-African Network would love to hear about them

For general enquiries about **CBTASA** contact [info@cbtasa.co.za](mailto:info@cbtasa.co.za). Visit their website on [www.cbtasa.co.za](http://www.cbtasa.co.za)



## The Egyptian Association for Cognitive & Behavioral Therapy

The Egyptian Association of CBT (EACBT) was founded in 2013 and has grown steadily ever since. It is a multidisciplinary organization committed to the advancement of scientific approaches to the understanding and improvement of human functioning through the investigation and application of behavioral, cognitive, and other evidence-based principles to the assessment, prevention, treatment of human problems, and the enhancement of health and well-being.

EACBT now represent over 1000 clinicians and psychotherapists in Egypt and members come from the broad range of professionals, researchers and students who support the use of cognitive behavioral therapy to treat mental health disorders and improve health behaviors. They are dedicated to increased access to evidence-based, cost-effective models of care. Their membership promotes CBT as an effective form of treatment in the field and enhances collaborative relationships amongst individuals who utilize Cognitive Behaviour Therapies.

The association was founded by Dr. Reham Aly who was joined by a prestigious group of professors of psychiatry, young psychiatrists, psychologists and mental health professionals. Dr. Aly was nominated the president and was honoured by the complimentary presidency of Prof. Okasha the founder of modern psychiatry in Egypt.

EACBT has successfully run many activities including training workshops, symposiums and an annual CBT congress that have been well received in Egypt and across the Arab world. Their structured certificate

for training and accreditation of CBT therapists continues to train CBT Therapists in Egypt.

Last year EACBT ran a free online congress on 25th February, entitled **Contemporary Cognitive Behavior Therapy: Integrating basic & new techniques**. This year they will be running a conference in October and since this is their 10th Annual Congress it will be a bigger event and a celebration of CBT in Egypt.



Dr. Reham A. Aly  
Founder and President



Prof. Ahmed Okasha  
Honorary President and Board Member



Prof. Dr. Hisham A. Ramy  
Vice President



Prof. Saffeya Effat  
Secretary General



Dr. Adel Elagawany  
Treasurer



Dr. Mohamed Mahmoudt  
Board Member



Dr. Amara Yehia  
Board Member

EACBT board members as of 2021 to 2024



**ATTCC**  
الجمعية التونسية للعلاج السلوكي و المعرفي  
Association Tunisienne des Thérapies  
Comportementales et Cognitives  
Tunisian Association of Behaviour & Cognitive Therapy

The **ATTCC** is the national association for CBT in Tunisia. It was founded in 2012 by a group of psychiatrists specialized in cognitive-behavioral therapy. Its fundamental mission is the promotion and dissemination of Cognitive and Behavioural Therapies in Tunisia, and more globally in Northern Africa and the Arab world.

The ATTCC has participated in the training of dozens of new CB-therapists each year and since 2012, members of the board have been teaching students of the two Tunisian university degrees in CBT. These two degrees, taught by the Faculty of Medicine of Tunis and the Faculty of Medicine of Sousse, train psychologists, psychiatrists, as well as non-psychiatric doctors in the practice of behavioral and cognitive therapies. As a result of this commitment the number of behavioural and cognitive therapists in Tunisia has increased from 15 in 2011 to more than 100.

ATTCC also organizes regular teachings for its members which are part of their ongoing professional development. In 2023, it plans to introduce an annual supervision cycle for newly graduated young therapists to supervise them at the beginning of their professional careers and enable them to obtain the certification of the ATTCC as a cognitive behavioural therapist.



The first congress of the ATTCC was held in November 2017 in Nabeul and in 2018 in Sfax. In 2019 the 3rd Congress moved to Sousse with Anoud Arntz (the Netherlands) and Pierre Philippot (Belgium) as invited speakers. Because of the pandemic the most recent congress on CBT For the Family was held as a virtual meeting with Mehmet Sungur (Turkey) and Maria Ceu de Salvador (Portugal) presenting workshops online.

The ATTCC has recently had to suspend its activities for a year but Dr Ghanem Amara the current President is working to move the development of the association forward again.



Dr Ghanem Amara

Visit the associations website for more information on [attcc.net](http://attcc.net)



## WCCBT Member Association Congresses 2023

**EABCT**

**EABCT 2023 CONGRESS**  
 CBT in a Changing World: Migration and Cultural Diversity  
 October 04<sup>th</sup>-07<sup>th</sup>, 2023, Granada Luxury Belek, Antalya / TURKEY

**10th World Congress of Cognitive and Behavioral Therapies**  
 June 1 - 4, 2023 | COEX, Seoul, South Korea  
[www.wccbt2023.org](http://www.wccbt2023.org)

**ALAMOC**  
 Asociacion Latinoamericana de Analisis, Modificacion del Comportamiento y Terapia Cognitiva Conductual

**XX CLAMOC Santa Cruz de la Sierra 2024**  
 20th Latin American Congress of Behavioural & Cognitive Therapies  
 Santa Cruz, Bolivia / April 18 - 20 / [clamoc2024santacruz@yahoo.com](mailto:clamoc2024santacruz@yahoo.com)

**AACBT** | AUSTRALIAN ASSOCIATION FOR COGNITIVE AND BEHAVIOUR THERAPY

**43RD NATIONAL CONFERENCE**  
 #AACBT23  
 MICHELLE G. CRASKE  
 Jacqueline B. "CBT: ADAPTING TO CHANGE"  
 19-21 October 2023  
 InterContinental Sydney Double Bay, NSW  
[www.aacbt.org.au/events/](http://www.aacbt.org.au/events/)

Save the dates / Dates à retenir

**13<sup>th</sup> ANNUAL CONFERENCE**  
**13<sup>e</sup> CONGRÈS ANNUEL**

MAY 4-6, 2023 / 4-6 MAI 2023

DALHOUSIE UNIVERSITY • HALIFAX, NOVA SCOTIA  
 UNIVERSITÉ DALHOUSIE • HALIFAX, NOUVELLE-ÉCOSSE

[www.cacbt.ca](http://www.cacbt.ca)

**8th Asian Cognitive Behavior Therapy Conference**  
 THEME:  
 Cognitive Behavioural Therapies across Health & Illness:  
 Advances, Challenges & Way forward  
 28<sup>th</sup> February to 2<sup>nd</sup> March 2024  
 AIIMS, New Delhi

**First Announcement**

For more information visit: [www.iacbt.org](http://www.iacbt.org)

**ABCT** ASSOCIATION for BEHAVIORAL and COGNITIVE THERAPIES

**ABCT** — Cultivating Joy With CBT —

**57th Annual Convention** SEATTLE  
 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.

**(BABCP)**

51ain Cynhadledd Blynyddol a Gweithdai  
 51st Annual Conference and Workshops  
 11-13 Gorffennaf/July 2023

[babcp2023.org](http://babcp2023.org)

**26<sup>th</sup> Congress of the WORLD ASSOCIATION FOR SEXUAL HEALTH**  
 2-5 November 2023 - Mirage Park Resort, Antalya - TÜRKİYE

HOSTED BY **TACBT** (Turkish Association of Cognitive and Behavioural Therapies)

**WAS** (World Association for Sexual Health)  
 SEXUAL HEALTH, RIGHTS, JUSTICE AND PLEASURE FOR ALL  
**BRIDGING THE GAPS**

to include information in the WCCBT eNews send it to Rod Holland, WCCBT Secretary at [newsletter@wccbt](mailto:newsletter@wccbt).