



# eNEWSwccbt



The World CBT Day was introduced by the WCCBT in 2022 and 7th April was chosen as our day to celebrate CBT. This coincided with the W.H.O.'s World Health Day as the intentions of the WCCBT aligned so well with the goals for that day.

Kyong-Mee Chung from South Korea who is also ACBTA's Global Ambassador in 2024 will be delivering her webinar on CBT and the era of AI: "The Next Wave" via zoom platform on the 7th of April. In Malaysia there will be an online forum on mental health and the Indian association is planning to organise a day long programme on stigma of mental health.

**CBT in the Era of AI: The Next Wave**  
 Professor Kyong-Mee Chung  
 Yonsei University,  
 Republic of Korea

Date: **7 April 2024 (Sunday)**  
 Time: **3.00pm (HK/Msia) / 4.00pm (Kor/Jpn)**  
 Venue: **Zoom** (Link given upon registration)  
 Register at: <https://forms.gle/GTW7wrQXtae7YPc98>  
 or scan QR:



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Last year the general theme of the World CBT Day was "Living in an uncertain world" and a large number of events took place across the world to make the day a great success. This year we thought that the theme could relate to the importance of training and could be oriented towards clinicians and practitioners or to the public. Like last year the WCCBT members are free to use the day in any way they want and make the day or the days near to 7th April to celebrate CBT.

The Australian Association (AACBT) has planned a series of short videos on CBT topics and some of their keynote speakers who will be presenting their conference this year will be promoting their upcoming talks.

The New Zealand Association (AnzaCBT) is planning a national radio interview across the country and will be putting information on this event on their website.

In Europe the Turkish Association for CBT (TABCTs) will be running a webinar on 4th April by zoom and YouTube for mental health professionals called "Past, Present and Future of CBT and training issues". Mehmet Sungur will also be running an Instagram session for the public about CBT approaches to improve the quality of life with Ceyda Duvenci who has millions of followers.

Mehmet Sungur and Scott Waltman will be running an Instagram presentation on behalf of the International Association of Cognitive Behaviour Therapy (IACBT) on 8th April on the topic of "Modern CBT and its reflection on training".

**IACBT World CBT Day**  
**Modern CBT & its reflection on training**  
 07.04.2024 12:30-13:30pm CST  
 DR. MEHMET SUNGUR @dr.mehmet\_sungur  
 DR. SCOTT WALTMAN @socraticmethodcbrt  
 A training on Instagram Live:  
 Sunday April 7th, 2024 12:30pm CST

**8th ASIAN CBT CONGRESS**  
 Nimisha Kumar lighting the lamp to launch the Congress.  
 Read the full report on page 7.

Many more activities are being planned across the world so keep an eye on messages from the member associations and the website. A full report on World CBT Day 2024 will appear in the next edition of the eNews.

# Lata McGinn. President WCCBT

I recently returned from India after presenting at the 2024 Asian CBT Association conference (ACBTA) in New Delhi, India and want to thank Dr. Nimisha Kumar, the organizing and scientific committees, and the Indian Association of CBT (IACBT) board for organizing such a successful conference. It was inspiring to meet professionals and students from India, Asia, and the world. The future of mental health and CBT in India and Asia has never been stronger! I want to thank Dr. Firdaus Mukhtar, outgoing president of the ACBTA for her immense contributions to the WCCBT board. It has been my privilege to serve on the board with her. I also offer my congratulations and look forward to working with Dr. Nimisha Kumar, the incoming president of ACBTA and the president of IACBT, and with Dr. Daisuke Fujisawa, the president of the Japanese Association of Cognitive Therapy and Cognitive Behavior Therapy, who replaces Dr. Mukhtar as the ACBTA representative on the WCCBT board.

Broadly, the mission of the WCCBT is to promote and advocate for global mental health and to facilitate the development and dissemination of evidence-based science and practice through the formation, collaborations, and partnerships with organizations. The key priorities over the next three years of my presidency are to support the dissemination of CBT in underserved regions of the world such as Africa, to disseminate our training guidelines globally, and to partner with the World Health Organization (W.H.O) and with governments across the world to disseminate competently delivered CBT. Towards these goals, I am delighted to let you know that the WCCBT signed a historic agreement with the World Health Organization (W.H.O) in October 2023 to promote and advocate for global mental health, CBT, and evidence-based treatments. This agreement enables the WCCBT and the W.H.O to collaborate on common initiatives to increase CBT competency and to disseminate CBT across the globe.

On December 20th, the WCCBT launched a free webinar presented by Dr. James Underhill, Project Coordinator of the EQUIP program at the Department of Mental Health & Substance Abuse at the World Health Organization (W.H.O). Dr. Underhill presented on the W.H.O.'s work on evidence-based psychological interventions and on the EQUIP Program and its use in various contexts and sectors, including in preservice education settings. The Ensuring Quality in Psychological Support (EQUIP) program is part of a joint WHO/UNICEF project to standardize competency of both specialists and non-specialist in their provision of mental health services and contains a suite of easy-to-use competency assessment tools in standardized role plays and a digital platform for providing real-time visualizations and feedback to

improve training and supervision. Please check our website at [www.wccbt.org](http://www.wccbt.org) to view the webinar and to learn about the critical work being done by the W.H.O. to improve mental health across the globe.

I want to close by congratulating the 2023 WCCBT Global CBT Ambassadors - Dr. Matt Sanders (AACBT), Dr. Robert Leahy (ABCT), Dr. Firdaus Mukhtar (ACBTA), Dr. Laura Hernández (ALAMOC), and Dr. Paul Gilbert (EABCT) for contributing to our mission to disseminate CBT across the world. I also want to thank our board and our membership organizations (AACBT, AnzaCBT, ACBTA, ABCT, CACBT, ALAMOC, EABCT, and IACBT) for their contributions to the WCCBT and its aims. I look forward to celebrating World CBT Day on April 7th, 2024, with all of you.



## Introducing our new WCCBT Board member



Dr. Daisuke Fujisawa

Dr. Daisuke Fujisawa is the president of Japanese Association of Cognitive Therapy (JACT) and the president-elect of Asian CBT Association (ACBTA). He is a qualified CBT supervisor in Japan Ministry of Health, Labour and Welfare training program, and a certified therapist and rater of the Academy of Cognitive Behavioral Therapy (A-CBT). He is an associate professor in Keio University School of Medicine, Department of Neuropsychiatry, and Palliative Care Center.

## Thank you Dr. Firdaus Mukhtar

Firdaus Mukhtar has been active member on the WCCBT Board as the representative of the Asian Association for over 5 years since the WCCBT was founded. As a WCCBT Board member Firdaus played a major role in the work of the training committee and its successful publication of the WCCBT training standards last year.



# NEWS FROM THE WCCBT BOARD

The WCCBT Executive and Board meets regularly throughout the year and held its first full Board meeting in 2024 on 18th March. Connecting Board members across the world is always a challenge and, on this day, and it was a particularly so for our members from our Asian association. Even so we were able to welcome our new member Daisuke Fujisawa from Tokyo, Japan who joined the meeting at 5 O'clock in the morning and Nimisha Kumar from New Delhi, India who had to stay awake until 1.30 am to join the meeting. Such is the dedication of our Board members. At the next Board meeting in June, it will be the turn of a different association to stay awake or get up early for the meeting. Sadly, at our meeting we also had to say goodbye to Firdaus Mukhtar from Malaysia who has been an outstanding member of the Board representing ACBTA since its first meeting in January 2019.

With the **3rd World CBT Day** about to take place on 7th April the Board has been working to make the day another success. You can read about some of the events that are planned to take place across the world are on the front page of this eNews. Many more will be announced by our member associations and on social media in the next few days and a full report will appear in the next edition of the eNews. Plans are also well underway for this year's **Global Ambassadors Programme**. We wanted to make an early announcement about who our member associations are nominating this year and what events are taking place, and you can catch up on the news about the Global Ambassadors on page 4 and then keep an eye on the website to find out when and where their events will be taking place. Already Scott Waltman has run a very successful event on behalf of International Association of Cognitive Behaviour Therapy in March.

The development of our relationship with the **World Health Organisation** and other global organizations around the world has been an important area of focus for the Board over the past year. We have to thank Lata Maginn and Keith Dobson, our past President for negotiating the agreement that we now have with the W.H.O to work together to disseminate their work and CBT. As reported in Lata's Presidents column we have begun a journey with the W.H.O which we hope will continue and grow for many years. If you work with adolescents and their caregivers, then do read the information from the W.H.O. and UNICEF on page 5.

Mehmet Sungur our representative from the IACBT and President of the Turkish Association for CBT (TABCTs) has now taken over as the Rep-At-Large for Training and is the chair of the WCCBT **Training and Accreditation Committee**. Now that our Guidelines have been approved at last year's General Meeting at the Congress in Seoul, the committee is now looking at publishing the Guidelines for dissemination. The Turkish and Japanese associations are also translating and publishing the guidelines on their website and the Indian association is using them to influence the development of training and accreditation in Indian.

The WCCBT continues to work with CBT practitioners and researchers in Africa to establish a Regional Association on the continent and admit Africa as a full member of the WCCBT. We are working with the Pan African CBT Network which has been revitalised by EABCT and Lata McGinn has been invited to join the congress in Cape Town organized by the South African CBT Association in August. The WCCBT is also drawing up plans to host a free virtual congress in Africa in the near future. The Board is also continuing to find a way that recognition can be given to ALAPCCO who are an established CBT Regional Association in **Latin America** who are currently not to be represented in the WCCBT.

Planning continues for the **11th World Congress** in San Francisco, California, USA from 24th - 28th June 2026 and for the **2029 World Congress** that is to be hosted by ALAMOC.



**Members of the WCCBT Board at the 8th Asian CBT Congress**  
(Left to right: Firdaus Mukhtar (ACBTA), Rod Holland (secretary), Nimisha Kumar (ACBTA), Lata McGinn (President), Keith Dobson (Past President) and Laura Hernández-Guzmán (ALAMOC))

Laura Hernández-Guzmán (ALAMOC) who is our member-at-large with responsibility for communications has established a new WCCBT communication group. In addition to Laura this will include Rod Holland (WCCBT secretary), Andreas Veith (EABCT) and David Dozois (CACBT) who are current Board members as well as Alvin Ng Lai Oon (ACBTA), and Sarah Egan (AABCT) and Gabriel Pérez (ALAMOC). They will be working to increase our social media opportunities, develop the website and the eNews.

If anyone has any news from their association or information they would like to share then we would welcome hearing from you.

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

# WCCBT GLOBAL AMBASSADORS 2024

The nomination of a WCCBT Global CBT Ambassador by each of the member associations is an important development by WCCBT and is now in its third year. So, to are the events that they generously agree to deliver whether it is a lecture, panel discussion, clinical round table, workshop, master class, clinical grand rounds etc which will help to deliver the aims of the programme which are

- to support the development and profile of cognitive and behavioural therapies and therapists worldwide
- promote and advocate for mental health, CBT, and evidence-based treatments for psychological disorders and to improve wellbeing around the globe.
- developing and support the effective implementation of CBT through training.

The people who are chosen by the regional members can be someone who has made sustained contributions, is mid-career and has made noteworthy contributions, or who has a particular innovation but is quite early in their career. The WCCBT is committed to diversity, equity, and inclusion and we encouraged member associations to maintain diversity among speakers with regard to but not limited to gender, race, country of origin, sexual orientation, and age.

## 2024 Global Ambassadors

We are pleased to include the following people and activities in the Global Ambassadors programme for 2024.



Tracey Wade  
AACBT



Colleen Carney  
CACBT/ ACTCC



Oswaldo Rodrigues  
ALAMOC



Kyong-Mee Chung  
ACBTA



Scott H Waltman  
IACBT

**Professor Tracey Wade** is the Matthew Flinders Distinguished Professor at Flinders University, Adelaide and one of Australia's leading eating disorders specialists. She is one of only 15 Fellows of AACBT and is their current Distinguished Career Award Winner. Tracey will be delivering her Global Ambassador event later this year.

**Dr Colleen E. Carney** is an Associate Professor and Director of the Sleep and Depression Laboratory at Ryerson University, Toronto, Canada. She is an international expert in CBT for insomnia and has been chosen by the Canadian Association of Cognitive and Behavioural Therapies as their Global Ambassador for 2024. Colleen is also the current President of ABCT's Behavioral Sleep Medicine Special Interest Group and will be giving a Global Ambassador presentation later in 2024.

**Dr. Oswaldo Rodrigues** from Sao Paulo, Brazil has been chosen by ALAMOC as their Global Ambassador. He has been a member since 1996 and was the Secretary General of ALAMOC between 2021- 2023. He is the founder and Director of the Instituto Paulista de Sexualidade (clinic on psychotherapy and sexology) and has lectured and taught on post-graduation courses in many Latin American countries.

**Professor Kyong-Mee Chung** is a Professor of Psychology at the Department of Psychology, Yonsei University. For the past 10 years, her work has been focused on the development and dissemination of technology-based treatment and training programs using mobile devices, VR and AR through collaboration with computer scientists, engineers, and HCI experts. Dr. Chung was also the co-chair of the 2023 10th World Congress of Cognitive and Behavioral Therapies, held in Seoul, Korea. Dr Chung will be talking in Korea and other parts of Asia as ACBTS's Global Ambassador.

**Dr Scott H Waltman** is a board member for the International Association of Cognitive Behavior Therapy who chose him to be their Global Ambassador for 2024. He is also a member of the Academy of Cognitive and Behavioral Therapies. Scott delivered his Global Ambassador live virtual interactive talk on "How to Think Like Socrates: From Socratic Questioning to Stoicism to Modern CBT" on March 14th.

**EABCT** is deciding who their Global Ambassador will be for 2024 and this will be announced soon on the EABCT and WCCBT Websites

# WHO and UNICEF publish new psychological intervention to support adolescents and their caregivers

The World Health Organization (WHO) and UNICEF have published a new psychological intervention, Early Adolescent Skills for Emotions (EASE), to support adolescents affected by distress and their caregivers. Approximately 1 in 7 adolescents globally experience mental health conditions, which mostly go unseen and untreated. EASE is the first WHO-UNICEF psychological intervention to address the critical shortage of mental health care for adolescents experiencing distress

## About EASE

EASE is designed to support adolescents aged 10-15 years old who experience distress and their caregivers. The intervention addresses a range of internalizing problems such as symptoms of depression, anxiety and stress. EASE includes seven group sessions for adolescents focused on building skills to cope with distress and three group sessions for their caregivers to promote supportive parenting and assist the adolescents in practicing the EASE skills. The EASE skills are adapted from aspects of Cognitive Behavioural Therapy and include psychoeducation, stress management, behavioural activation, and problem solving. It was culturally and contextually adapted and field-tested in four countries: Jordan, Lebanon, Pakistan and Tanzania, which included two large randomized controlled trials in Jordan and Pakistan.

EASE can be delivered by trained and supervised non-specialist helpers who receive ongoing supervision by mental health professionals. This task-sharing approach has been successfully adopted in similar interventions for adults such as Problem Management Plus (PM+), which has been implemented widely since its release.

EASE's task-sharing approach makes it suitable for delivery in contexts where there are few child and adolescent mental health specialists. EASE can be delivered in various settings such as the community, health, and protection services.

## Scaling up psychological interventions

Over the past ten years, WHO has implemented a programme of work aiming to support scale up of mental health and psychosocial support services for people affected by adversity.

EASE is the sixth psychological intervention in a series of low-intensity interventions released by WHO. With the series, WHO aims to strengthen delivery of evidence-based interventions by the non-specialist workforce and improve access to evidence-based psychological interventions.

## Effective group psychological help for adolescents

EASE was successfully tested in two fully-powered randomized controlled trials in Jordan and Pakistan. In Jordan, 471 adolescent Syrian refugees aged 10-14 years with self-reported distress participated and were randomized into the intervention arm (EASE) or into the control arm (enhanced care as usual). All participants completed assessments before randomization, one week after the intervention and again 3 months later. Adolescents who were randomized into the intervention arm had statistically significant fewer internalizing problems directly after the intervention and 3 months after the intervention compared to adolescents who were randomized into the control arm. In addition, caregiver distress and disciplinary parenting significantly improved at three-month follow-up in the EASE intervention arm relative to the control arm. In Pakistan, 566 adolescents aged 13-15 years with self-reported distress participated in the trial and were randomized into the intervention arm (EASE) or into the control arm (waitlist control). Like the trial in Jordan, all participants completed assessments before randomization, and at one-week and 3-month follow-up. Publication of the results in a scientific article is expected soon

## Further Information

For more information about EASE, please contact Dr Aiysha Malik (malika@who.int) at the WHO Department of Mental Health and Substance Use.

Access to the EASE manual can be found here: <https://www.who.int/publications/i/item/9789240082755>

Other intervention manuals can be found at: <https://www.who.int/teams/mental-health-and-substance-use/treatment-care/innovations-in-psychological-interventions>

This article was originally published by the World Health Organization on its web site, dated December 20, 2023. The original url is as follows: [https://www.who.int/news/item/20-12-2023-who-and-unicef-publish-new-psychological-intervention-to-support-adolescents-and-their-caregivers#:~:text=The%20World%20Health%20Organization%20\(WHO,mostly%20go%20unseen%20and%20untreated](https://www.who.int/news/item/20-12-2023-who-and-unicef-publish-new-psychological-intervention-to-support-adolescents-and-their-caregivers#:~:text=The%20World%20Health%20Organization%20(WHO,mostly%20go%20unseen%20and%20untreated)

# WCCBT TRAINING GUIDELINES

## Towards Globalized Training in the CBTs

Written by the Training and Accreditation (TAC) Committee,

World Confederation of Cognitive and Behavioural Therapies (WCCBT)

December, 2023

The WCCBT recognises the importance and value of access to high quality and evidence-based mental health care when and wherever members of the public access psychotherapies, including the cognitive and behavioral therapies (CBTs). All advanced skills require training, and this statement is certainly valid when discussing clinical skills. Individuals who struggle with mental and other health challenges and who come to see their cognitive behavioral therapist for assistance should have the assurance that the care they are being provided is not only based on the strongest theoretical and empirical evidence but also provided by a clinician who is trained and competent to provide that service.

While the evidence-base for the CBTs is widely known, there is less guidance in some regions of the world about what is needed to train, learn and achieve competence in CBTs. Some specific CBT models have recognized the need for training guidelines or standards, and many clinicians also recognize this requirement (Pilling & Roth, 2015; Sudak, 2009; Sudak et al., 2015). There have been developments at both the national and international levels in some regions, beginning to stipulate what training in the CBTs should optimally include (Ashbaugh, Cohen & Dobson, 2021; Klepac et al., 2012; Kalpakoglou, 2013). In light of the need for some global guidance related to training in the field of CBTs, the WCCBT (2023) has developed and endorsed a series of training guidelines.

The WCCBT training guidelines ([see https://wccbt.org/wp-content/uploads/2023/08/wccbt-training-guidelines-.pdf](https://wccbt.org/wp-content/uploads/2023/08/wccbt-training-guidelines-.pdf)) assume that all CBT practitioners have fundamental knowledge and generic therapy skills. It is further assumed that CBT practitioners will uphold ethical and practice standards whether or not they belong to a regulated health profession. Building on these two basic principles, CBT practitioners are expected to strive for more advanced and specialized CBT knowledge and skills and to apply treatments optimally to the specific problems and populations they serve. The guidelines were written in such a way that they could be broadly applied to any particular model of CBT. They were also explicitly written as guidelines, rather than standards, in the cognition that different countries, organizations, and training groups may be in the legal position to promote and enforce standards, but not all have a statutory framework to do so. As a global organization, the WCCBT can at best promote best practice.

Anyone who is involved in CBT training, and in particular anyone who wishes to be trained as a CBT practitioner, is encouraged to read the guidelines and reflect on the implications for their work. One of the important concepts within the guidelines is that of competence. Essentially, the guidelines suggest that it is not enough for a practitioner to possess the theoretical knowledge about any particular intervention; rather, they need to be able to demonstrate their competence in the specific techniques that they deploy, first under the supervision and care of a qualified trainer. As suggested in the guidelines, the only way to demonstrate competence is through the clinical application of interventions rather than via theoretical, abstract, application of CBT. The guidelines provide suggestions for how to assess competence, although it is recognized that different evaluation tools and methods need further development in the field.

### References

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World Confederation of Cognitive and Behavioural Therapies (WCCBT). (2023). *The World Confederation of Cognitive and Behavioural Therapies (WCCBT) Training Guidelines for Cognitive and Behavioural Therapies (CBTs)*. Downloaded November 21, 2023 from <https://wccbt.org/wp-content/uploads/2023/08/wccbt-training-guidelines-.pdf>.

# 8th ASIAN CBT CONGRESS



The 8th Asian CBT Congress which also included the 1st Asian Trauma Conclave was a tremendous success for the Asian Association, for the Indian Association of CBT who hosted the event. 650 delegates from 25 countries participated over 4 days and they able to experience a first-class programme showcasing research and clinical practice taking place in India and beyond. In addition, delegates were also treated to the hospitality that very few congresses have been able to offer. There were many experiences that the delegates took away with them and will remain in their memories for a long-time to come.

The congress received 380 abstracts for symposia, open papers and posters which was a wonderful response. The congress will be releasing about 100 full papers that it has received in the form of two edited volumes and special issues of two reputed Journals.

In addition, the IACBT was able to proudly announce its own Journal, The Journal of Cognitive Behavioral Therapy Research, at the Congress and Professor Pim Cuijpers has kindly agreed to be the consulting editor and Professor Lata McGinn the Chief Editorial Advisor.

Most of all the congress was an intellectual treat for Indian students and practitioners. The Congress was hosted at India's Premiere Medical Institute, the All India Institute of Medical Sciences and the congress managed to get some important Government officials to be a part of the event. The best feedback received was from an expert from Australia who called the experience of being in AIIMS for five days as being in a social jail where people had no choice but to network as there was no place to go other than the venue for a large part of the day. So not only Indians but international speakers and delegates did some very productive networking.

At the Congress Dr Daisuke Fujisawa, President of Japanese Association for Cognitive Therapy was announced as the next President Elect of the Asian Association and Japan will be the host country for the 9th ACBTA Congress in 2027 so we will welcome you to that meeting in a few years' time.



Professor Nimisha Kumar  
Congress Organiser

The scientific programme included 12 keynotes, 27 invited talks, 10 skill classes, 18 workshops, 6 invited symposium, 3 invited panel discussions, open papers and poster sessions. Two awards for the Best Doctoral Research from Asia and Distinguished Researcher from Asia were announced for the first time by the IACBT and were generously sponsored by the Beck Institute



The congress abstract book is unveiled at the opening event



Invited speakers are honoured with a plant  
Firdaus Mukhar and Keith Dobson



750 delegates from 30 different countries



# CBT in AFRICA

One of the most important 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.**

Within this aim there is a determination to see the development of a regional association in Africa with full membership of the WCCBT and a seat on the Board. We know that this may take a few years, but we have started by highlighting work that has taken place in the past few years in four established CBT associations in Morocco, Tunisia, Egypt and South Africa. Information about these associations was published in the April 2023 edition of the eNews which is available on the WCCBT website. Since then we understand that some progress has been made in establishing a CBT association in Nigeria and in Ghana and we hope to hear more news about these in the near future



## Pan African (CBT) Network (PAN)

A few years ago, EABCT revived an initiative to establish a **Pan African (CBT) Network (PAN)** that had started when they held their annual congress in Marrakesh in Morocco in 2013. An informal committee chaired by Peter Phiri (UK) and including Jamal Chiboub (Morocco), James Lutaaya (Uganda), Amelia Stanton (USA), Pierre Philippot (Belgium), Helen Macdonald (UK) and Shane Pienaar-Du Bruyn (South Africa) has established a network of 52 contacts across or associated with the African continent. PAN's goals for 2024 are:

- To identify colleagues with an interest in cognitive-behavioural therapies in countries in Africa
- To collaborate with the CBT Association of South Africa on their inaugural congress in 2024
- To ascertain the mental health profile and CBT training needs in Africa
- To participate in and provide research, training and resources as required.

PAN's current activities are:

### KOLABO Research Project

(Principal Researcher Dr Peter Phiri): CBT has emerged as a powerful tool for addressing mental health challenges worldwide. However, in many African countries, access to CBT networks and training remains limited. Moreover, there is a pressing need to ensure that CBT practices are culturally sensitive and contextually relevant to diverse African populations.

The KOLABO Research Project aims to address these issues by exploring the feasibility of establishing a Pan-African CBT Association which would serve as a platform for promoting the development of CBT knowledge and skills throughout the continent, while also fostering collaboration and inclusivity in CBT practices on a global scale. By participating in our study, you will have the opportunity to contribute to this important initiative.

The study has ethical approval and can be shared across the globe for completion. It is seeking input from the West, Global South, and Pan-African countries to include a diverse range of stakeholders. This will help to better understand the needs, challenges, and opportunities related to CBT in Africa and inform the development of a Pan-African CBT Association.

This initiative is clearly in line with the WCCBT's aim to establish a regional association. WCCBT's President Dr Lata McGinn facilitated a meeting with PAN in 2023 and the WCCBT will be working collaboratively with the PAN.

### CBT Association of South Africa congress.

CBT – Application and Accessibility in Africa\* in collaboration with PAN and others. PAN as a Special Interest Group of the EABCT will be introduced and feedback given on research outcomes during the welcome session. PAN members will be participating in the organizing and training activities of the congress.

Lata McGinn, President of the WCCBT will be facilitating a meeting with PAN members and leaders from other psychology organizations in Africa. This event aims at contributing to the formation of a regional CBT association in Africa.



Congress website [www.cbtasa2024.co.za](http://www.cbtasa2024.co.za) . Registration and abstract submissions are open. For further information see page 9 of this eNews

### Upcoming webinars

A series of CBT trainings – from essentials to clinical condition applications. In collaboration with EABCT's Mobile Academy and local practitioners.



The WCCBT is proposing to host a virtual congress that will be open to anyone involved or interested in the development of CBT in Africa in 2025. With the next World Congress taking place in San Francisco in 2026 the WCCBT will also be exploring how it can further the development of an African Regional Association at that event

# KOLABO Research Project

**Can you help us create a more diverse and inclusive global CBT community?**

KOLABO means Collaboration in Swahili and Dr Peter Phiri, Principal Researcher is inviting people to collaborate and join this exciting Research Project that will help to take forward one of the committed aims of the WCCBT and the development of the Pan African (CBT) Network (PAN).

Researchers are looking to explore the current collaborations between CBT therapists within Pan-African countries and the rest of the world to allow for greater understanding of the nature of these collaborations and hope they can be utilised to develop a Pan-African CBT Network



Peter Phiri, Principal Researcher

**PARTICIPATE IN A RESEARCH STUDY!**

**UNDERSTANDING EXISTING COLLABORATIONS BETWEEN WESTERN CBT ASSOCIATIONS AND PAN-AFRICAN COUNTRIES**

We are researchers interested in understanding the extent and nature of existing collaborations between Western CBT associations and Pan-African countries to identify gaps where the West can contribute to the development of CBT in Pan-African countries.

**What is involved?**  
Short 10-15 minutes online survey

**Am I eligible to take part?**  
You should be 18 years or older and a CBT therapist or other healthcare professional currently practicing in the West and/or Global South

**TO TAKE PART OR FOR MORE INFORMATION**  
Scan the QR code below using your phone camera or copy and paste the following link into your browser, <https://bit.ly/3SGwVKe>

UKR10M-ED ETHICAL APPROVAL REC-21-HEA-0016

## To complete the questionnaire for healthcare practitioners in Pan-African countries

If you are a healthcare practitioner trained in psychological interventions and modalities, lay health worker, volunteer and other delivering psychological therapies, please click on this link: <https://bit.ly/42Fhff8> or scan the QR Code



## To complete the questionnaire for healthcare practitioners in the West and Global South

If you are a healthcare practitioners trained in psychological intervention and modalities, please use this link <https://bit.ly/3SGwVKe> or scan the QR Code:



Find out more about  
**KOLABO**  
at the CBT Association of  
[South Africa congress](#)  
in Cape Town  
30th - 1st September 2024

**REGISTRATION NOW OPEN!**

BOOK NOW SO AS TO AVOID DISAPPOINTMENT. WORKSHOPS ARE AVAILABLE ON A FIRST-COME-FIRST-SERVE BASIS.

CPD POINTS WILL BE APPLIED FOR

**2024 CONGRESS**  
CAPE TOWN SOUTH AFRICA

Dr. Judith S. Beck  
President of the Beck Institute for Cognitive Behavior Therapy

[www.cbta2024.co.za](http://www.cbta2024.co.za)  
30 AUGUST - 1 SEPTEMBER  
UCT GSB Academic Conference Centre  
Protea Marriott Hotel Breakwater Lodge  
Cape Town, South Africa

**ABSTRACT SUBMISSIONS**

Theme 1: Advancing CBT in Africa  
Theme 2: Innovation and Accessibility in CBT  
Theme 3: Advocacy and Policy in Mental Health

**DEADLINE TO SUBMIT IS 15 APRIL 2024**

Find out more about abstract submissions and view our preliminary PROGRAMME on [www.cbta2024.co.za](http://www.cbta2024.co.za)

# NEWS FROM WCCBT ASSOCIATIONS



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)

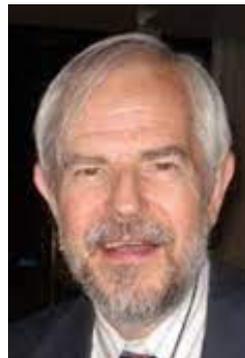
Formerly the International Association of Cognitive Psychotherapy; (IACP) is also a member



[XX CLAMOC 24](#) Santa Cruz de la Sierra, Bolivia.  
April 18-20

Confirmed Invited Speakers: Stephen C. Hayes, Ph. D., Lata McGinn, Ph. D. and 29 colleagues from Argentina, Bolivia, Brazil, Chile, Costa Rica, Ecuador, El Salvador, Guatemala, Honduras, Mexico, Panama, Paraguay, Peru, Dominican Republic, Uruguay and Venezuela.

Ricardo Rodríguez Biglieri (Argentina), Guillermo Rivera Arroyo (Bolivia), Denis Roberto Zamignani (Brazil), Giovana Munhoz Da Rocha (Brazil), Oswaldo Rodrigues (Brazil), Roberto Banaco (Brazil), Bryan Oyarzun Quintanilla (Chile), Patricio Vergara Nelson (Chile), Galo Guerra Vargas (Costa Rica), Sergio Paz Wactson (Ecuador), María José Chavarría Bolaños (El Salvador), Wilber Castellón (El Salvador), Marckus Rivera Pineda (Guatemala), Fátima Duarte (Honduras), Georgina Cárdenas (Mexico), Ricardo Turner (Panama), Roberto Mainieri Caropreso (Panama), José Britos Rivas (Paraguay), Licia Matínez Vázquez (Paraguay), Alicia Belletti La Rosa (Peru), Elsa Farfán Gonzáles (Peru), Luis O. Perez Flores (Peru), Mayra Dietsch (Dominican Republic), Adriana Martinez (Uruguay), María Esther Lagos (Uruguay), Mariela Golberg (Uruguay), Juan José Moles Álvarez (Venezuela), Navidia Garcia (Venezuela)



## Héctor Fernández Alvarez.

It is with great sadness that we announce to the psychology and psychotherapy organizations the passing of Dr. Héctor Fernández-Álvarez.

Héctor had been invited to speak at ALAMOC's Congress in Bolivia this month and will be missed by all CBT therapists in Latin America and across the world.

Dr. Héctor was a founding member and honorary president of Fundación Aiglé (Argentina); Founding Member of the Argentine Association of Cognitive Therapy (AATC); Former president of the Inter-American Psychological Society (SIP); Founding member and former president of the Latin American Federation of Cognitive and Behavioral Psychotherapies (ALAPCCO); Delegate in Argentina of the International Association of Cognitive Psychotherapy (IACP).

In 2021 he received the title of Doctor Honoris Causa from Universidad de San Luis (Argentina), and in 2022 he received the Distinguished Award from American Psychological Association for his outstanding role in the international advancement of psychotherapy.

A professional who transformed psychology and psychotherapy in Latin America, admired by colleagues and students. For ALAPCCO, Héctor has been one of the founding and maintaining pillars throughout its 27 years of existence, and his legacy will continue for generations to come.



The **Canadian Association of Cognitive and Behavioural Therapies** annual conference, will take place on May 9-11 2024, at the Chelsea Hotel in Toronto.

For more information, please follow this [link](#). The hybrid conference titled “Addressing the Challenges of Our Changing World” will provide excellent training opportunities for students, trainees, and clinicians at all levels. All speakers will be presenting in person and their sessions will also be live-streamed for online attendees. CE credits are available for all sessions, including online sessions at ended synchronously.

CACBT-ACTCC offers four professional development awards to students who will be presenting posters, with two reserved for students who self-identify as Indigenous, racialized, and/or a person of colour, to help address existing inequities and systemic barriers in our field. We also offer two Outstanding Poster awards.



<b>Keynote Addresses</b>	<b>DR. MARGARET MCKINNON</b> Mental Health and Wellbeing Impacts of COVID-19 on Canadian Health Care Workers: Lessons Learned and the Path Forward	<b>DR. KIM CORACE</b> Innovations in Substance Use Health Care: Breaking Down Barriers, Addressing Challenges, and Improving Outcomes	<b>DR. SEAN KIDD</b> The Climate Crisis and Mental Health: Moving From Anxiety to Action
<b>Workshops</b>	<b>DR. ZINDEL SEGAL</b> Mindfulness Meditation and Affect Regulation in Mood and Anxiety Disorders		<b>DR. EMILY HAIGH</b> Cognitive Behavior Therapy with Indigenous Peoples: Challenges and Opportunities for Reconciliation
<b>Clinical Skills Training</b>	<b>DR. DILLON BROWNE</b> Cognitive Behavioural Therapy in Family Practice: Tips and Tricks	<b>DR. SHADI BESHAI</b> Culturally Competent Practice: Cultural Adaptation of CBT for Diverse Client Populations	<b>DR. COLLEEN CARNEY</b> Cognitive Behavioural Strategies to Help Teens Get Out of Bed and Get Better Sleep

CPA CE Sponsor 2024  
CE Credits available for all sessions. The Canadian Association of Cognitive and Behavioural Therapies is approved by the Canadian Psychological Association to offer continuing education for psychologists. The Canadian Association of Cognitive and Behavioural Therapies maintains responsibility for the program.



CBT certification has been developed by [ANZACBT](#) to contribute to creating a career structure and acknowledgement of qualification for people with CBT training as there is no such structure currently. This will be recognised in a similar way to certification as a CBT therapist in the UK.

There is no intention to prevent other clinicians who do not have CBT certification from using CBT. Instead, it is a positive acknowledgement of people who have worked hard to complete significant post-graduate training in CBT.



## ABCT Convention Philadelphia

[ABCT 58th Annual Convention](#), November 14 – 17, 2024

*Opening Our Doors: Inspiring Community Engagement, Advocacy, & Innovation to Advance CBT*



A new executive committee (EXCO) has been appointed for the term 2024-2027, which will conclude at the next congress – the 9th Asian CBT Congress in Japan (venue and dates to be advised later). The new EXCO are:



Clockwise from top left: Nimisha Kumar, Daisuke Fujisawa, Firdaus Mukhtar, Susmita Halder, Muhammad Irfan, Shin-Ichi Ishikawa, and JongSun Lee.



**AACBT**

AUSTRALIAN ASSOCIATION  
FOR COGNITIVE AND  
BEHAVIOUR THERAPY



**44TH NATIONAL CONFERENCE OF THE AUSTRALIAN ASSOCIATION FOR COGNITIVE AND BEHAVIOUR THERAPY**  
**BRISBANE, MEEANJIN, QUEENSLAND, AUSTRALIA**  
**17-19 OCTOBER 2024**

Our national conference will provide a great opportunity to engage with national and international thought leaders from across the family of the cognitive behavioural therapies. With this conference we bring together innovative clinical researchers and research clinicians working across the life span. Coming from research, community, and private practice settings, they will present recent evidence-based advances and emerging ideas in their fields for working with cognitions, behaviours, schemas, and emotions for common and complex psychological and health conditions.

This year's conference theme is **“Meaning making with cognitive and behavioural therapies”**

**KEYNOTE AND INVITED SPEAKERS**

- Professor Emily Holmes, Sweden
- Professor Tim Dalgleish, UK
- Professor Maree Toombs, Sydney
- Professor Mark Dadds, Sydney
- Associate Professor Melissa Day, Brisbane
- Dr Rob Brockman, Sydney
- Dr Aaron Frost, Brisbane

[www.EABCT2024.org](http://www.EABCT2024.org)



**other congresses**



THE INTERNATIONAL CONFERENCE ON MINDFULNESS 2024  
**BANGOR, WALES, UK**  
**2-6 AUGUST 2024**

As the world and our society rapidly evolve, this is the moment to come together and explore how mindfulness can move beyond its current boundaries, reaching into areas of critical need and serving as a positive force for change

