



eNEWSwccbt



Monday 7th April

For the fourth year running CBT Associations around the world will be celebrating World CBT Day which coincides with the WHO's World Health Day, and aims to reflect the importance and impact of cognitive and behavioral therapies (CBT) on global health.

The theme this year is that **"CBT is solid return on investment"** and there will be a variety of talks around the world outlining the efficacy of CBT for a variety of problems and that scaling up evidence-based interventions is a solid return on investment. See pages 4 - 5 for further information

To mark the day **Dr Lata K McGinn** President of the World Confederation of Cognitive and Behavioral Therapies (WCCBT), has conducted an exclusive interview with **Professor David M. Clark**, the leading architect of the Talking Therapies program in the UK which is one of the most ambitious and successful mental health initiatives in the world, dramatically improving access to

evidence-based psychological treatments. The full podcast of the interview is available on the WCCBT Website on 7th April and discusses the origins and development of the initiative, the challenges and successes of scaling up psychological therapies, and its impact on consumers, professionals, healthcare systems, and the economy. It also explores how the model has been adapted in other countries and what policy makers should consider



David M. Clark

when implementing paid mental health services. Join Lata and David for this insightful conversation on the power of Cognitive and Behavioral Therapies (CBT) in transforming mental health care worldwide.

Along with Professor Anke Ehlers, David Clark recently also received the Mohammed bin Rashid al Maktoum Knowledge Award for their joint work on **Better and More Available Treatments for Mental Health**. The international award included recognition of his work with NHS Talking Therapies. It is the first time that the award, which recognises exceptional achievements in knowledge and innovation, has been awarded for mental health research.



Congratulations to ALAMOC

who have has declared 2025 the year of ALAMOC's Half Century. Throughout the year they will have academic activities and literary productions which will end in a Congress to be held from November 6 to 9 at the Miguel de Cervantes of Santiago de Chile. See page 6 for more information on 50 years of ALAMOC

Lata McGinn - President WCCBT

During this period of geosociopolitical instability and conflict that threatens to destabilize the world order, the mission of the WCCBT takes on even greater salience. The WCCBT remains committed to building a global alliance and creating a worldwide impact by using evidence-based treatments to improve mental health. Last year was an extraordinary year for the WCCBT with all our members and collaborators organizing successful conferences to disseminate CBT across the globe. As president, I was honored to participate in the Asian CBT Association (ACBTA) Conference in India organized by the Indian Association of CBT; in the Asociación Latinoamericana de Análisis y Modificación de la Conducta y Terapia Cognitiva Conductual (ALAMOC) Congress in Bolivia, South America hosted by the Bolivian Association of CBT; in the CBT Association of South Africa Conference in Cape Town, South Africa; in the Association of Behavioral and Cognitive Therapies (ABCT) Conference in Philadelphia, USA, and in the World Health Organization's (W.H.O) Mental Health Forum in Geneva, Switzerland. This year, I look forward to celebrating ALAMOC's 50th anniversary in Bogotá, Colombia and the European Association of CBT (EABCT) conference in Glasgow, Scotland.

Keith Dobson (CABCT) and I (ABCT) continued to provide feedback on the WHO's CBT materials and worked to disseminate them across the globe. The Training Committee, headed by IACBT's Mehmet Sungur, successfully published WCCBT's training guidelines on our website and submitted a publication to the peer reviewed journal Behavior Therapy. The Communication Committee chaired by EABCT's Andreas Veith, drew representatives from all WCCBT members to disseminate evidence-based materials across social media platforms. EABCT's Rod Holland gathered events and achievements of all our members and collaborators on our website and published two immensely successful WCCBT e-newsletters. It takes a village to create a worldwide impact. Many thanks go to the WCCBT board (outgoing past-president) Keith Dobson, Rod Holland (Secretary), Ross Menzies (Treasurer), Mehmet Sungur (Rep-at-Large), Andreas Veith (Rep-at-Large), Julio Obst Camerini, Ron Chambers, David Dozois, Daisuke



Fujisawa, Nimisha Kumar, Lynn McFarr, Luis Oswaldo Pérez Flores, Maria do Céu Salvador, and Leslie Sokol for their partnership and collegiality in driving our goals and objectives forward.

I also want to express my gratitude to ABCT's board and Central office for continuing to provide generous administrative support to the WCCBT (outgoing ABCT Executive Director Mary Jane Eimer, Outgoing Senior Director David Teisler, outgoing President Sandra Pimentel, current President Steve Safren, current Executive Director Courtney L. White, Senior Directors Stephen Crane and Kelli Long, Director Stephanie Schwartz, Managers Tonya Childers and Rachel Lamb, and Administrative Specialist Maryilyn Brown).

And finally to the core administrative team. I want to begin by thanking ACBTA's outgoing WCCBT social media liaison Alvin Lai Oon Ng for his work launching our social media platforms. My continued admiration and gratitude go to executive assistant Anne D'Alessandro, doctoral student Lila Bruynesteyn and college graduate Joshua Plutchik from New York, USA for their incredible hard work, skill and dedication coordinating, creating, and contributing to the mission of the WCCBT.



Follow Lata's journey round the globe - each dot represents a place visited as the WCCBT President

NEWS FROM THE WCCBT BOARD

The WCCBT Board held its first meeting of the year on 24th March and the Executive Committee continues to meet online each month. Since the last edition of the eNews in October 2024 there has only been one change on the Board when we welcomed back. **Lynn McFarr**, representative for IACBT.

For the fourth year running we are launching our **Global Ambassador Program** when each of our regional associations are invited to nominate someone from their region to host a workshop, a webinar or a lecture. The Global Ambassadors give their time and the regional associations provide the support to make each event a success. Income from these events goes to the WCCBT to help fund initiatives that will take forward our mission to increase CBT across the world. We thank **Scott H Waltman** from IACBT, **Colleen E. Carney** from the Canadian Association, **Susan Bögels** from the Netherlands, **Tracey Wade** from Australia, **Oswaldo Rodrigues** from Brazil and **Kyong-Mee Chung** from Korea who were last year's Ambassadors.. You can read more about this year's Global Ambassadors program on Page 7.



Andreas Veith

Andreas Veith, WCCBT's Representative at Large with responsibility for communications has been chairing the newly formed **Communication Committee** and one of its responsibilities has been the coordination of the **World CBT Day** that will take place on 7th April. A report on the activities planned for 2025 appears in this edition of the eNews. With the help of Joshua Plutchik and Lila Bruynesteyn who are helping the WCCBT develop our social media we expect that there will be a lot of messages on 7th April from around the world and a full report of all the activities will be published in the next edition of the eNews. The communication group is also looking at the development of the WCCBT Website which since WCCBT was founded in 2019 has been supported by John Kentish who has given his time and expertise at no cost to the Confederation.



Mehmet Sungur

Our other Representative-at-Large is **Mehmet Sungur** who chairs the WCCBT **Training and Accreditation Committee**. They have made progress in getting the WCCBT Guidelines for Training CBT Professional published in a major CBT journal. Their next task is the dissemination of the guidelines and the development of guidelines for low intensity approaches. The guidelines are available on the website and we have now added a Chinese version which appears alongside the Spanish, Indonesian, Turkish and Japanese translations. We look forward to more versions being available soon including German and Portuguese.

One of the most important developments this year has been an agreement to change the **WCCBT bylaws**. The changes agreed will enable member associations such as Canada and New Zealand who currently have to be members of one of the WCCBT founding associations to be members in their own right without this requirement. The change in the bylaws will also enable new regional associations who have existed for many years to apply and be considered for membership.

We are still somewhat off establishing regional association on the African continent and welcoming them as a full member of the WCCBT but we are planning to run a virtual conference next year to take this forward. Last year the WCCBT provided some support Peter Phiri's KOLABO project which we are highlighting again in this edition of the eNews.

Next year will also see **WCCBT's 11th World Congress in San Francisco, California, USA** to be held from 24th - 28th June 2026. This congress will be hosted and organized by the Association of Behavioral and Cognitive Therapies and was launched at the ABCT Convention in November in Philadelphia last year. See page 8 for further information and get ready to submit for this major congress. At the world congress WCCBT also plans to make a **Global Impact Award** to be given to someone who has made an impact across the world to develop CBT.

A decision has now been made for the WCCBT's **12th World Congress** to be held in Foz do Iguaçu, Brazil to be hosted by the Latin-American Association of Analysis, Behavioural Modification and Cognitive and behavioural Therapies (ALAMOC)

WORLD CBT DAY ACTIVITIES



Transforming Mental Health: A Conversation with Professor David M. Clark

The Talking Therapies program in the UK is one of the most ambitious and successful mental health initiatives in the world, dramatically improving access to evidence-based psychological treatments. This extraordinary initiative has saved countless lives, reduced healthcare costs, and contributed to economic growth. But how did it come to be, and what lessons can it offer for global mental health care?

In this exclusive interview, Professor David M. Clark, a leading architect of the Talking Therapies program, sits down with Dr. Lata K. McGinn, President of the World Confederation of Cognitive and Behavioral Therapies (WCCBT), to discuss the origins and development of the initiative, the challenges and successes of scaling up psychological therapies, and its impact on consumers, professionals, healthcare systems, and the economy.

Listen to the full podcast here and gain valuable insights into what makes the Talking Therapies program so effective and what it takes to replicate its success. We also explore how the model has been adapted in other countries and what policymakers should consider when implementing paid mental health services.

Join us for this insightful conversation on the power of Cognitive and Behavioral Therapies (CBT) in transforming mental health care worldwide.



Randy Patterson

For the **Canadian Association (CACBT)** Dr. Randy Patterson is a Vancouver-based psychologist and cognitive behavioural psychotherapist, author (*The Assertiveness Workbook*, *How to be Miserable: 40 Strategies You Already Use*, *How to be Miserable in Your 20s*, *Private Practice Made Simple*, *Your Depression Map*), and mental health educator for clinicians and for the general public. The common aim of his work has been to increase the accessibility and

availability of evidence-based psychological information and services and he will be giving a prerecorded talk that will be posted on social media on World CBT Day. The talk is called "What is CBT?"

There will also be a press release and a number of people are lined up ready to speak to the press on the importance of CBT and the return on investment.



AnzaCBT in New Zealand are planning to have two "events", on or around 7 April. They are hoping to have a member of their Executive committee do a national radio interview on a morning programme with a wide/large national audience.

Secondly, the AnzaCBT President, Ron Chambers has been in contact with the Office of their national Minister for Mental Health to have a meeting with members of the AnzaCBT Executive Committee. In the meeting they will focus on outlining the efficacy of CBT for various problems and indicating how "CBT is solid return on investment." They will highlight that it therefore makes good sense to provide support/ re sourcing for professionals who provide CBT.



ALAMOC

Celebrations for the **Half Century of ALAMOC** will take place at the University of La Sabana in Bogotá Colombia from April 7 to 9, 2025 in conjunction with World CBT Day. The Celebration will have Keynote Speakers by founding members (who are still alive) as well as important ALAMOC leaders from all member countries. (see page 6)



The **Cyprus Association for Cognitive Behaviour Psychotherapists** (CACBP) has been running an Online Campaign: **“CBT is an Investment in Life”** from 1-7 April 2025 using Instagram, Facebook, LinkedIn, ZOOM

Aim: To highlight Cognitive Behavioral Psychotherapy as a solid investment with substantial benefits, through scientifically documented content and personal testimonies.

The Daily Schedule of Posts is:

- 1 April: What is the CBT?
- 2 April: Myths & Truths about the CBT
- 3 April: Acknowledging the Anxiety Crisis
- 4 April: Testimonies of IPSEPA Students
- 5 April: CBT at Individual and Systemic Level
- 6 April: The Science behind CBT and its effectiveness
- 7 April: The Power of the CBT through the Trainers of the IPSEPA Training Centre

For Mental Health Professionals a case Presentation and Discussion is being held on zoom on Thursday 3 April **“Youth with social anxiety disorder who received CBT treatment”** presented by: **Irene Frangouloupoulou**, Trainee Cognitive Behavioral Psychotherapist

For the public an Online Lecture and discussion will take place on zoom on Monday, April 7, on 18:30 – 20:00 **“Panic Attacks and The Effectiveness of CBT Therapy”** presented by **Olivia Kanapitsa**, Trainee in CBT, <https://us02web.zoom.us/j/84712173526?pwd=QmVMdDdVNFdqNmZlNVJxSy93akVtZz09>

Deutsche Gesellschaft für Verhaltenstherapie (DGVT) will put the opening lecture of our conference online and It will be available in German through DGVT's website dgvt.de.

Einsamkeit: Erkennen, verstehen, handeln
Loneliness: Recognizing, understanding, acting
by **Prof. Susanne Bücker**, Ph.d.,
University of Witten/Herdecke
They will also run activities during the day both for professionals and the public with a well recognised newscaster

British Association for Behavioural and Cognitive Psychotherapies (BABCP) will be hosting an open access online talk by **Dr Adrian Whittington**, the Chief Psychological Professions Officer for England, on how CBT has been successfully disseminated across the National Health Service, from children to adults and for a very broad range of problems

Serbian Association of Behavioural and Cognitive Therapists (SRABCT) has a plan for future efforts to link CBT with public systems, and is organizing several events aimed at CBT promotion:

1. On 7 April 2025, there will be an in-person event in European House, in Niš, Serbia, on „Mental Health and CBT in Crisis”. Representatives of several institutions and organizations engaged in youth mental health will meet to discuss the contemporary challenges in this area. SRABCT will take active part in the discussion and dialogues to promote CBT. The event will be covered by media.
2. On 7 April 2025, there will be an online event (free webinar) on „Relaxation Techniques in CBT”.
3. On 10 April 2025, there will be an in-person event at the University of Nis, in the form of a panel debate on „Generation of Stress – CBT, Activism and Mental Health”.

SRABCT continues to promote CBT through international collaborations with other associations. On 27 March, the two Serbian CBT associations held an online training session for our CBT colleagues from Belarus.

FACBT, the Finnish CBT Association has challenged their members to post on social media about the efficacy of CBT.

NFKT, the Norwegian CBT Association will be part of the celebration, and will send out information and inspiration to our members in connection with the day.



The ACBTA board is organising an “Ask Us Anything” forum on CBT on 7th April.

The poster for World CBT Day 2025 features a central theme of "Ask Us Anything" and lists several key figures from the ACBTA board. It also includes a QR code for saving the spot and a Zoom link for the event.

WORLD CONFEDERATION OF COGNITIVE AND BEHAVIOURAL THERAPIES (WCCBT) and **ACBTA** (Association for Cognitive and Behavioural Therapies) are organizing the event.

World CBT Day 2025
CBT IS A SOLID RETURN ON INVESTMENT

‘Ask Us Anything’

ACBTA Board Members:

- Prof. Nimisha Kumar, **PRESIDENT ACBTA**
- Assoc Prof Dr Daisuke Fujisawa, **PRESIDENT ELECT ACBTA**
- Prof Firdaus Mukhtar, **PAST PRESIDENT ACBTA**
- Prof Susmita Halder, **SECRETARY ACBTA**
- Assoc Prof Dr Jong Sun Lee, **TREASURER ACBTA**

SAVE YOUR SPOT! Free of Charge!

7 April, 2025
5:30pm India/5pm Pakistan/8pm Asia/9pm Japan & Korea

ZOOM MEETINGS

The **Indian Association** we will be organising a public awareness program on CBT and talk about how CBT is a good return on investment on 7th and will be free of charge. Nimisha will also be doing a you tube video on CBT and World CBT Day.



In 2025 ALAMOC will celebrate its 50th Anniversary

ALAMOC was founded in 1975 and to mark their 50th Anniversary they held 10 virtual Master clinics from February 10 to February 19, the day ALAMOC was founded

To celebrate the Half Century of ALAMOC they are also holding an in person event at the University of La Sabana in Bogotá Colombia from 7th - 9th April 2025 in conjunction with World CBT Day.

The Celebration will have Keynote Speakers by founding members of ALAMOC as well as important ALAMOC leaders from all member countries. Lata McGinn, President of the WCCBT will be attending and will give a Keynote.

There will be an Awards Ceremony for old and long-standing members to thank them for their contribution to the development of behavioral analysis and Cognitive and Behavioral Therapy in Latin America. All of the event will also be transmitted via streaming and there will also be Mini Conferences and posters.

50th Anniversary
50aniversario.alamoc.co
contacto@50aniversario.alamoc.co
Tel. 3332320518

SIMPOSIO DE CONMEMORACIÓN
ALAMOC 50 AÑOS
Homenaje a los doctores
Rubén Ardila y Emilio Ribes Iñesta

7,8 y 9 de abril | 2025 | BOGOTÁ

- Universidad de La Sabana Km 7, Autopista Norte
- Conferencia inaugural a cargo del **Doctor Germán Gutiérrez**, Profesor asociado Universidad Nacional de Colombia y actual presidente de la Union of Psychological Science – "IUPsyS".

Emilio Ribes Iñesta, PhD **Rubén Ardila, PhD**



Dr. Rubén Ardila 1942 - 2025

ALAMOC Board of Directors shares with the international community the profound impact produced by death of one of its founders, and possibly the most influential Latin American psychologist for the advancement of behavioral sciences.



Dr. Rubén Ardila

Rubén Ardila was born on July 7, 1942 in Bogotá Colombia. His academic training passed through the University National of Colombia and the University of Nebraska Lincoln where he obtained a doctorate in Experimental Psychology. Active developer of scientific psychology, he is recognized for his contributions reflected in more than 36 publications and conspicuous participation in organizational management and outreach.

At the celebration of the 50 years of ALAMOC, Dr Rubén Ardila was to be honored at the commemoration event scheduled for April 2025. The event will take place in his hometown Bogotá. The teacher will not at the occasion, but his legacy will be remembered. The ALAMOC Board of Directors has decided to establish an international competition for basic and applied research that will be awarded annually. The contest will finance scientific production honoring the path Rubén Ardila showed when creating and promoting the Latin American Association for Analysis and Modification of the Behavior.

Dr Rubén Ardila is part of history, and also influences current and future developments of Psychology, thus showing that we live beyond death...

OUR 2025 WCCBT GLOBAL AMBASSADORS

The nomination of a WCCBT Global CBT Ambassador by our member associations is now an annual event. The events that they generously agree to deliver can be a lecture, panel discussion, clinical round table, workshop, master class, clinical grand rounds etc. and all of them 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.
- Develop and support the effective implementation of CBT through training.

So far we are able to announce the following Global Ambassadors for 2025

AnzaCBT New Zealand.

Jenny Jordan is an Associate Professor in the Department of Psychological Medicine, University of Otago, Christchurch, New Zealand. She is also a clinical psychologist for Health New Zealand/Te Whatu Ora, Waitaha Canterbury. Her research speciality is clinical research for mental health conditions, including comparative psychotherapy trials for eating and mood disorders as well as other related research. Her topic and the event date will be announced on the AnzaCBT and WCCBT websites soon.



Jenny Jordan
Anza

CACBT Canadian Association

Heather Hadjistavropoulos is a Professor of Psychology at University of Regina, and a former President of the Canadian Association of Cognitive Behaviour Therapies. She is a recognized leader in the development, evaluation and optimization of Internet-delivered Cognitive Behaviour Therapy (ICBT). Distinguished by the depth and breadth of her research on ICBT, and knowledge mobilization efforts in Canada, Hadjistavropoulos' research addresses patient, provider, and health system needs to improve ICT and overcome barriers to accessing CBT. Heather Hadjistavropoulos will be providing a 60 minute webinar on internet-delivered CBT: "Expanding CBT Horizons: What Therapists Should Know About Internet-Delivered Cognitive Behaviour Therapy (ICBT)" sometime in early June.



Heather
Hadjistavropoulos
CACBT

EABCT Europe

Agnieszka Popiel, MD, PhD is a psychiatrist, cognitive-behavioural psychotherapist, and Professor at SWPS University in Warsaw, Poland. She serves as Co-Director of the University's Outpatient Clinic of Cognitive-Behavioural Therapy and the Center for Clinical Research and Psychotherapy Development. For over 15 years, she has chaired the University's four-year postgraduate CBT training program. A founding fellow of the Polish Association for CBT (1998), she has played a leading role in shaping national training and supervision standards.

Her clinical and research work focuses on the evidence-based treatment and prevention of PTSD. She led randomized clinical trials comparing pharmacotherapy and psychotherapy for PTSD, and co-developed the CBT-based PTSD prevention program Effective Performance Under Stress, designed for high-risk professionals such as first responders. Agnieszka will deliver a 3 hour workshop in the Autumn

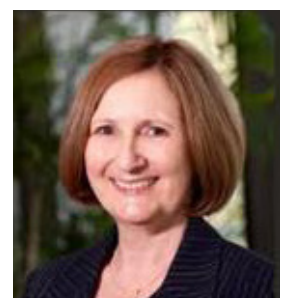


Agnieszka Popiel
EABCT

AACBT Australia

Susan Spence is an Australian clinical psychology whose work has focussed on the causes, assessment, prevention and treatment of depression and anxiety in young people. Throughout the course of her career she has remained consistently at the forefront of this research area, has published widely and has been a regular recipient of national competitive grant funding.

In the area of mental health she has been a member of a number of State and Commonwealth committees and grant providers. She is or has been on the boards of several top international journals in the area of mental health. She is currently an Emeritus Professor in the School of Psychology and Australian Institute for Suicide Research and Prevention at Griffith University, Queensland, Australia.



Sue Spence
AACBT

THE WCCBT WORLD CONGRESS SAN FRANCISCO USA 2026

The WCCBT 2026 Congress will take place in San Francisco, California, from Thursday, June 25 to Saturday, June 27. Post-Congress workshops will be held on Sunday, June 28. San Francisco has a rich history of innovative psychological research in areas including CBT, neuroscience, mental health disparities, and health services for underserved populations.



Jill Ehrenreich-May
Co-convenor



Steve Safren
Co-convenor

The theme of the 2026 Congress is **“Health for All: Affirming, Equitable, and Sustainable CBT.”** This theme emphasizes WCCBT’s aim to promote mental and physical health for individuals worldwide through cognitive-behavioral approaches that affirm personal agency, resilience, and identities; meet individual needs while also reducing health disparities at the population level; and are sustainable in their intended settings. The Scientific Committee will especially encourage submissions that target the 2026 Congress theme.



Amelia Stanton
Chair,
Program Committee



11th World Confederation of Cognitive and Behavioural Therapies Congress

Health for All: Affirming, Equitable, and Sustainable CBT



June 25–28, 2026

San Francisco | Marriott Marquis Hotel



11th World Confederation of Cognitive and Behavioural Therapies Congress

Health for All: Affirming, Equitable, and Sustainable CBT

San Francisco | Marriott Marquis Hotel

June 25–28, 2026

CALL for PAPERS

Abstract portal opens: September 1, 2025

Abstract deadline: December 12, 2025

We are delighted to announce the **World Congress of the World Confederation of Cognitive and Behavioural Therapies (WCCBT)**, a celebration of the range and generation of cognitive and/or behavioral traditions. This landmark event hosted and organized by the **Association for Behavioral and Cognitive Therapies (ABCT)** will bring together the global CBT community to highlight the richness of our shared history, the strength of our scientific foundations, and the bold directions we are forging together.

We invite submissions in all topic areas from students and professionals across all countries and regions, working with individuals of all ages and backgrounds. Whether you are conducting experimental laboratory research, clinical trials, implementation studies, or engaged in direct clinical practice, we welcome your contributions. This is a unique opportunity to share your work, exchange ideas, and help shape the future of CBT on a global stage.

Join us in **San Francisco, California, between June 25–28, 2026**, as we gather to honor the science, the practice, and the global community that defines and unites the family of Cognitive and Behavioral Therapies today. Extend your stay before or after the conference to experience the magic of San Francisco and its breathtaking surroundings. Explore the iconic Pacific coastline with unforgettable destinations like Carmel-by-the-Sea, Monterey, and Big Sur. Wander among the ancient redwoods of Muir Woods, take in the charm of Sausalito Bay, and savor the world-class wines of Napa and Sonoma.

Health for All: Affirming, Equitable, and Sustainable CBT

We come together at a time when the world is facing profound challenges that test our collective resilience. The past few years have been marked by global health crises, escalating climate emergencies, deepening political instability, and the persistent burden of health disparities. Alongside these struggles, long-standing systemic inequities and discrimination against historically marginalized and minoritized communities have been laid bare, urging us to reflect on our role as cognitive and behavioural therapists.

As a field, we must ask: How can we advance evidence-based treatments in ways that actively promote justice, affirm diverse lived experiences, and break down barriers to care? How do we ensure that CBT remains not only scientifically rigorous but also accessible, culturally meaningful, and sustainable for future generations of clinicians, researchers, and communities? How do we sustain our own well-being while addressing these urgent global and professional challenges?

The 2026 WCCBT will highlight scientific innovations that advance CBT’s role in creating a healthier, more equitable world. We invite submissions that explore ways to:

- Expand access to and engagement in CBT, particularly among historically underserved and excluded populations.
- Implement and sustain CBT interventions within routine healthcare.
- Address disparities in mental and physical health and integrate culturally meaningful, affirming, and justice-oriented approaches.
- Innovate and adapt CBT to respond to the pressing challenges of climate change, pandemics, and political upheaval.
- Strengthen the sustainability of CBT through policy, education, and workforce development.
- Foster well-being within the CBT community itself, ensuring that practitioners and researchers can thrive and sustain their work in a demanding and evolving field.

We warmly welcome contributions from researchers, clinicians, educators, students, and policymakers advancing the future of CBT — grounded by scientific rigor, and committed to being inclusive, affirming, and impactful. Please join us at the 2026 WCCBT as we come together to reimagine CBT’s role in promoting **Health for All**.

Hosted by the Association for Behavioral and Cognitive Therapies



www.abct.org

www.abct.org/wccbt-c-2026/

NEWS FROM WCCBT ASSOCIATIONS



Asian Cognitive Behavioural Therapy Association

ACBTA accepts membership from CBT or similar organisations (e.g., clinical psychology, psychiatry associations) across Asia. Click on their membership page for more information: <https://acbta.org/membership-application/>

The current Asian associations that are representative of ACBTA in their own countries are:

Bangladesh Clinical Psychology Society

President: Kamruzzaman Mozumder

CBT Committee of China Association for Mental Health

President: Zhanjiang Li

Indian Association for Cognitive Behaviour Therapy

(IACBT, <http://www.iacbt.org>) President: Nimisha Kumar

CBT Indonesia

(CBTI, <https://www.cbt-indonesia.com/>) President: Insan Firdaus

Kazakhstan Association for Cognitive Behavioral Therapy

(<https://acbt.kz/>) President: Yevgeniy Yan

Korean Association of Cognitive Behavioral Therapy

(KACBT, www.kacbt.org) President: Kee-Hwan Park

Japanese Association for Behavioral and Cognitive Therapies

(JABCT, <http://jabt.umin.ne.jp/index2.html>) President: Yasuko Togasaki

Japanese Association for Cognitive Therapy

(JACT; <http://jact.umin.jp/>) President: Daisuke Fujisawa

Malaysian Society of Clinical Psychology

(MSCP, www.mscp.my) President: Joel Low

Pakistan Association of Cognitive Therapists

(PACT, <http://www.pactorganization.com>) President: Mirrat Gul Butt

Taiwan Association of Clinical Psychology

(TACP, <http://taclip.org.tw>) President: Chien-Ming Yang

Cognitive and Behavioral Therapy Alliance of Thailand

(CAT; <https://www.facebook.com/thaicbt>) President: Joe Nuttorn Pitaratstian

Save the Date

9th

ACBTA Congress 2027

9th
ACBTA
Asian Cognitive Behavioral Therapies Association
Congress
2027.
8.19 ~22
Tokyo, JAPAN

Venue: International
University of
Health and Welfare

Held in conjunction with:
27th Annual Meeting of the Japanese Association for Cognitive Therapy
53rd Annual Meeting of the Japanese Association of Behavioral and Cognitive Therapies
19th Annual Meeting of the Japanese Society of Anxiety and Related Disorders

JACT
Japanese Association of Behavioral and Cognitive Therapies
日本認知行動療法学会

一般社団法人
日本認知・行動療法学会
Nippon Kankyo Seisaku Gakkaishi

日本不安症学会
Nippon Kankyo Seisaku Gakkaishi

www.pact.com.pk/conf15

PAKISTAN ASSOCIATION OF COGNITIVE THERAPY

15TH
INTERNATIONAL CBT
CONFERENCE

PAKISTAN ASSOCIATION
OF COGNITIVE THERAPY

Theme
"WILL TECHNOLOGY
DELIVER?"

Call for Abstracts and
Workshop proposals
(Papers and Posters)

Please visit pact.com.pk/paper to
submit till 15th March 2025

The Event Will Be
Held On:
2nd & 3rd May 2025
at Islamabad Club, Main
Murree Road, Islamabad

Registration:
Professional : Rs 3,000
Student : Rs 2,000
Avail 50% super early bird
discount on conference
registration till
31st December 2024

For queries, please
contact.
Email:
conferencepact@gmail.com

More Info
www.pact.com.pk

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WORLD CONFEDERATION
OF COGNITIVE AND BEHAVIOURAL THERAPIES

ACBTA
Asian Cognitive Behavioral Therapies Association

INTERNATIONAL
SUMMIT
ICCBI-2025
CORPORATE EDITION

MULTIPLE VOICES. SHARED GOALS

#WellatWork

CURRENT REALITIES & FUTURE
TRENDS AT THE WORKPLACE

11-12 APRIL: MAIN CONFERENCE
13 APRIL: POST CONFERENCE WORKSHOPS

VENUE :
NDMC CONVENTION
CENTRE NEW DELHI

IN COLLABORATION WITH

DMA
DEBT MANAGEMENT ASSOCIATION

IAH
INTERNATIONAL ASSOCIATION OF HONOURABLES

KAMKUS
LONDON

NEWS FROM WCCBT ASSOCIATIONS



2025 CACBT Annual Conference

Join us in person or virtually for the 15th Annual CACBT Conference (Hybrid), happening May 1-3, 2025, at the breathtaking Banff Centre for Arts and Creativity! This year's theme, "Navigating Rocky Relationships".

Attendees can look forward to a diverse lineup of expert speakers presenting on a broad range of relationship issues, including supporting parents with young adults who have failed to launch, addressing clients' sexual difficulties when you are not a sex therapist, addressing clients' relationships with food and body image, helping clients improve co-regulation to improve their relationships, and applications of compassion-focused ACT. Students and full members are invited to submit abstracts for posters, which now includes a new "open paper" format that allows presenters to share their work in a 10-minute talk.

<https://www.cacbt.ca/upcoming-conference>

Opening Keynote – Dr. Lori Brotto, R.Psych
"Approaching Intimacy and Sexual Health in Therapy"

Clinical Skills Training – Dr. Heather Fulton, R.Psych
"Inviting Change: Supporting Loved Ones with Substance Use Challenges"

Workshop – Dr. Eli Lebowitz
"Empowering Parents to Tackle Failure to Launch in Young Adults"

Workshop – Dr. Jennifer Coelho
"Relationships with Food and Body Image: Supporting Clients and Their Families"

Clinical Skills Training – Dr. Kimberly Sogge, C.Psych
"Befriend All Your Parts Using Compassion-Focused ACT"

Closing Keynote – Dr. Aislin Mushquash, C.Psych
"The Power of Co-Regulation in Strengthening Relationships"

PLUS: An exclusive pre-recorded session by **Dr. Judith Beck**, available immediately upon registration titled "Cognitive Behaviour Therapy in 2025"!

Conference Highlights:

Student Poster Session – An opportunity for students to showcase their clinical and research posters in person, with opportunities for discussion and feedback.

In-Person Networking – Connect with colleagues, mentors, and leading experts in the field.

Open Papers Presentation – A forum for researchers and clinicians to share their latest work and innovations.

ABCT ASSOCIATION for
BEHAVIORAL and
COGNITIVE THERAPIES

<https://www.abct.org/2025-convention/>

ABCT Convention New Orleans

ABCT 59th Annual Convention,
November 20 – 23, 2025

Bridging the Divide:
Promoting Rigorous Science
and Inclusive Affirming
Therapies

Convention will be hosted at the **Hyatt Regency** in New Orleans, LA.

November 20–23, 2025

59th Annual Convention
NEW ORLEANS



*Bridging the Divide: Promoting Rigorous
Science and Inclusive Affirming Therapies*

NEWS FROM WCCBT ASSOCIATIONS



45th National Conference Fremantle / Walyalup (Western Australia) 16-18 October 2025.

The 2025 conference theme is "Innovating CBT for diverse minds, needs, and peoples".

Cognitive and behavioural therapies (CBT) continue to evolve to meet the needs of diverse communities, identities, and lived experiences. From the unique challenges faced by Aboriginal and Torres Strait Islander, trans and gender-diverse, and neurodivergent individuals, to those navigating complex physical, psychological, or social-relational conditions, our field must innovate to ensure CBT remains inclusive, effective, and relevant.

This year's conference will showcase high-quality, cutting-edge research and clinical practice that pushes the boundaries of traditional CBT while remaining grounded in evidence-based principles. We will explore how adaptations in formulation, intervention, and service delivery can enhance accessibility and effectiveness across diverse cultures, demographics, and conditions. Whether you work in research, clinical practice, or educational settings, this is an opportunity to engage with leading experts, share best practices, and shape the future of CBT.

Join us at the conference to connect, learn, and contribute to a growing movement of innovation and inclusivity in cognitive and behavioural therapies.

AACBT AUSTRALIAN ASSOCIATION FOR COGNITIVE AND BEHAVIOUR THERAPY

#AACBT25

45th national conference

COME AND JOIN US!
"INNOVATING CBT FOR DIVERSE MINDS, NEEDS, AND PEOPLES"
16-18 OCTOBER 2025
THE ESPLANADE
FREMANTLE / WALYALUP
WESTERN AUSTRALIA

WHO ARE OUR HIGHLIGHTS?

- Keynote Speakers**
• Pat Dudgeon
• Liz Pellicano
- Invited Speakers**
• Nicole Lee
• Yael Perry
• Lauren Breen
- Masterclass**
• Vance Locke

Topics:
RECOVERY-ORIENTED CBT
CBT AND ABORIGINAL WELLBEING
NEURODIVERSITY
CBT FOR SUBSTANCE USE
GENDER DIVERSITY
CHILDHOOD GRIEF
FUNCTIONAL NEUROLOGICAL DISORDERS

AACBT AUSTRALIAN ASSOCIATION FOR COGNITIVE AND BEHAVIOUR THERAPY

<https://www.aacbt.org.au/cbt-national-conference/2025/>

WWW.AACBT.ORG.AU

KOLABO Research Project



**Join us in Shaping a
Diverse and Inclusive
Global CBT community.**



Are you a psychological professional In the West/Global South?

We are seeking to understand and expand the scope of Cognitive Behavioural Therapy (CBT) within the Pan-African context. Engage in this pioneering effort to foster collaborations that bridge continents and Inform the development of the Pan-African CBT Association.

Your Insight Is Key!

Dr Peter Phiri, Chief Investigator for KOLABO, alongside the Pan-African CBT Network, is spearheading this research.

It only takes 15 minutes to complete the Global Survey. Access the survey via the link or scan the QR code:

Link: https://bit.ly/KOLABO_WestandGlobalSouth



Version:2.0
Ethical Approval No:24/HRA/0558

7th Internationally Supported CBT and 3rd Child and Adolescent CBT Congress

Modern CBT: Opportunities-
Obstacles and Challenges.

25-27 Sept 2025

The Turkish Association of Cognitive&Behavioural Therapies will be organizing thos congress to celerate the 30th year of its establishment.

Keynote speakers

Keith Dobson,
Stefan Hofmann,
Ceui Salvador,
Daniel Rijo,
Sam Akbar
Mehmet Sungur

55th Annual Congress

The European Association for Behavioural and Cognitive Therapies

EABCT 

European Association for
Behavioural and Cognitive Therapies

 Scottish
Event
Campus

Glasgow

3–6 September 2025



hosted by

British Association for Behavioural and
Cognitive Psychotherapies

We look forward to welcoming you to Glasgow from 3rd – 6th September 2025 for the 55th EABCT Annual Congress. An EABCT congress offers a unique opportunity to come together with people from all over Europe working across the whole breadth of CBT research and clinical practice to exchange ideas, learn from and inspire each other, and make lasting connections. We will be putting together a programme that showcases the most exciting current developments in CBT, bringing in contributions from Scotland, the broader UK, Europe, and further afield to provide a platform for both well-established experts and emerging speakers working at the cutting edge.

The congress theme builds on the host city brand: “People make Glasgow”, highlighting the importance of connections, celebrating citizens, culture and creativity. For EABCT 2025, we take this one step further with **“People Make Glasgow: Connections Drive Change”**, highlighting the importance of the human and scientific connections that form the bedrock of progress in science and practice in CBT.

Keynotes

Arnoud Arntz, University of Amsterdam, Netherlands
Dixon Chibanda, Friendship Bench Zimbabwe, Zimbabwe
Michelle Craske, University of California, Los Angeles, USA
Cathy Creswell, University of Oxford, UK
Colin Espie, University of Oxford, UK
Azucena Garcia-Palacios, Universitat Jaume I, Spain
Gillian Haddock, University of Manchester, UK
Nusrat Husain, University of Manchester, UK
Andrew Jahoda, University of Glasgow, UK
Lars Klintwall, Karolinska Institute, Sweden
Hans Knoop, Amsterdam University Medical Centers, Netherlands
Ken Laidlaw, University of Exeter, UK
David Mataix-Cols, Karolinska Institute, Sweden
Rory O'Connor, University of Glasgow, UK
Agnieszka Popiel, SWPS University, Poland
Filip Raes, University of Leuven, Belgium
Jessica Schleider, Northwestern University, USA
Roz Shafran, University College London, UK
Luisa Weiner, University of Strasbourg, France
Ulrike Willutzki, Witten/Herdecke University, Germany



Scan the QR Code to keep up
to date with information
or visit the congress website
www.eabct2025.org