

HAPPY NEW YEAR.....
Looking forward to a better 2021

From the President's Desk

Dr. Keith S. Dobson, ksdobson@ucalgary.ca



Keith Dobson

As the year 2020 draws to close, and the world continues its unfortunate relationship with the COVID-19 coronavirus and multiple ongoing social and psychological challenges. I recognize that many people around the globe have suffered the loss of loved ones, destroyed or severely limited economic and personal opportunities, delayed health care, and/or profound changes in the way that we live our ongoing lives. It is small wonder that mental health problems have shown increases in every survey that I am aware of, and in every country where these issues have been examined. I have been also extremely impressed by the multiple ways that the global cognitive-behavior therapy community has worked to meet these challenges, through the development and delivery of innovative distance models of care, the sharing of evidence-based resources to the public and health care communities, and the direct provision of service to the many people who are struggling.

As the new year begins, we have the possibility of vaccines and the eventual eradication of the pandemic. This process will take time, and itself needs the CBT community to address issues such as needle phobias, ongoing fears about social contact, the longer-term mental illnesses related to depression and trauma that have resulted from the global crisis, and more. We need to continue our efforts to communicate best practices to each other, and to work together to face what is likely (hopefully!) the major health crisis of our lifetimes. As the new year unfolds, it is my fervent hope that we can again begin to gather in person, to share what we have learned, to communicate resources, to promote CBT training, and to ultimately work towards the improvement of global health. My closing wishes are that you may stay well and can hopefully take something positive from what has generally been a challenging year.

Keith Dobson
President, CACBT
Calgary, Canada



The World Confederation of CBT (WCCBT):
wccbt.org

The WCCBT is the world organisation representing CBT

Asian Cognitive and Behaviour Therapy Association (ACBTA): asiancbt.weebly.com

Association for Behavioral and Cognitive Therapies (ABCT): abct.org

Australian Association for Cognitive and Behaviour Therapy (AACBT): aacbt.org

European Association for Behavioural and Cognitive Therapies (EABCT): eabct.eu

International Association for Cognitive Psychotherapy (IACP): the-iacp.com

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

Newsletter Editor: Rod Holland (Newsletter@wccbt.org)

Like the rest of our global partners in WCCBT this is a year we would rather forget. We just managed to hold our first General Meeting between the EABCT Board and representatives of our 54 member associations in March before the pandemic took hold of the world. Not everyone could make the meeting but this picture shows how well the meeting went.



EABCT's 1st general Meeting, March 2020 in Athens

After the meeting life changes for us all both professionally and personally and it hasn't been so good. We were disappointed to have to cancel our EABCT Congress in Athens in September which was to mark the beginning of EABCT's 50th anniversary celebrations. However, running this as our first ever virtual Congress proved to be a great success much to the hard work of the organising committee from the Greek association. The one positive thing that has come out of the year is how united we have become as an association and how each member association

has responded to the pandemic in its own way. We have also been grateful to WCCBT for coordinating a global response demonstrating how CBT can assist in meeting the challenges of Covid19. We remain optimistic about 2021 and a return to some normality. We are planning to continue to celebrate our 50th anniversary and we are going to meet in Belfast, Northern Ireland in September for a hybrid [2021 EABCT Congress](#) and look forward to welcoming delegates from across WCCBT in person or online,



**EABCT wishes the WCCBT and all its members
a Happy New Year in 2021**

Katy Grazebrook
President, EABCT



Greetings and Happy New Year from the Association for Behavioral and Cognitive Therapies representing North America!

2020 clearly was a turbulent time throughout the world and had direct impact on how we all served our memberships and various stakeholders. We now are competent in conducting webinars from our home, negotiating virtual conventions, teaching and supervising students remotely, and providing treatment to clients via telehealth. Research continues as we all work together to alleviate human suffering through science.

As the new president of ABCT, I welcome the opportunity to work with the leadership of the World Confederation of Cognitive and Behavioural Therapies and its membership. We at ABCT take seriously our commitment to offer our continuing education programs (our November 2020 Annual Convention, live webinars, and archived webinars) at the ABCT member rate to member organizations of the WCCBT. [Plans are already underway for our November 18-21, 2021 Convention which will be held in New Orleans, LA.](#)



We applaud the efforts of the efforts of the WCCBT in providing resources relevant to the COVID-19 pandemic by the information provided on their website and in their newsletter. ABCT also continues to garner resources which we make available to the public and professionals on our website at www.abct.org.

ABCT is proud and honored to be an active participant in the WCCBT and wishes all of us funding support in our research, good outcomes from our studies, and more readily accessible evidence-based treatments for our clients. I'm confident that with the collaborative approach we are taking, all things are possible.

Happy New Year, colleagues!

David F. Tolin, Ph.D.
The Institute of Living
President, Association for Behavioral and Cognitive Therapies





WORLD CONFEDERATION OF COGNITIVE AND BEHAVIOURAL THERAPIES

eNEWS

JANUARY 2021

Dear colleagues,

2020 is a challenging year for everyone in the world in general and Asian society in particular. However, I believe Covid-19 pandemics shape a person into a variety of characters, some become more creative, some are just grateful and some are even more affected physically and mentally.

The COVID-19 pandemic has brought about so many unpredictable changes and challenges in our work life earlier this year. In Malaysia in particular, planning to prepare for the 7th Asian CBT Conference has had a quite challenging impact. This preparation includes having to work from home or working both at home and in the office and also having to face the challenges rejected by the sponsors. However, we believe with the high spirit to share knowledge, good cooperation and mutual understanding with each other, this conference will definitely happen in 2021!.

As a President-Elect ACBTA, I am very proud of the work done by front liners, psychologists, therapists, researchers, all academicians throughout the year. They continue to strive to help the community become safer, healthier, and more sustainable for the benefit of the entire community.

I also would like to thank all friends from all over CBT or psychology associations from Asian countries, either registered or not registered under ACBTA for their commitment and dedication in unprecedented times.

Networking and sharing of knowledge and experience are the core work of ACBTA. Therefore, let's join and spread the vibes of our two major conferences that will take place: [7th Asian CBT Conference in Malaysia](#) in 2021 and the [10th WCCBT in Seoul in 2022](#).

I believe ACBTA in collaboration with WCCBT will be able to work together to improve both physical and mental health well-being throughout the world community.

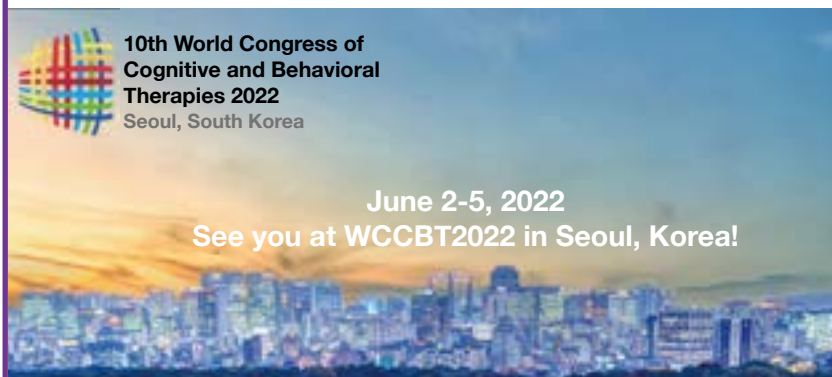
Last but not least, I wish you all will be much healthier, more successful and happy this 2021!

Warm wishes and all the best!

Firdaus Mukhtar

President-Elect ACBTA

Director 7th Asian CBT Conference 2021



My Friends

Uncertainty is not an exception but is rather a rule in human lives. However as the duration of uncertainty prolongs and leads to human suffering, it changes and challenges the daily routines of our lives and become a traumatic process.

No doubt, 2020 has been a difficult and challenging year that had profound negative impact on our health, economy and political status. But it has also been a year for increasing our awareness that the World (our host) has not promised a fulfilling life that overlaps with our expectations. Protesting may be an understandable reaction to pain but unfortunately it hardly helps to leave the pain behind.

We all need to learn to leave in peace with uncertainty and stay grateful not necessarily for undesired life events but for being given the chance of living as it is the biggest reward given to all of us without having to pay any cost. We also need to learn to become more compassionate to each other and the ecology that surrounds us. I hope that we can all learn from these unprecedented times and at the end of pandemic, we can start continuing our lives from a place which is better than where we left.

As the immediate past President of IACP, I extend my gratitude and applaud the efforts of WCCBT for organizing such a great umbrella association that helps promote mental health and reduce human suffering without leaving anyone behind.

Coming together is a good start but only working together will help accomplish our ultimate goal to disseminate good and ethical practice of CBT worldwide.

IACP is honoured to be part of WCCBT and we wish all the member associations and their individual members a more meaningful, healthier and happier new year with their loved ones.

Mehmet Sungur

Professor of Psychiatry, Istanbul Kent University, Istanbul



10th International Congress of Cognitive Psychotherapy
13th - 15th May 2021 - Virtual Congress
[10th International Congress of Cognitive Psychotherapy](#)



WORLD CONFEDERATION OF COGNITIVE AND BEHAVIOURAL THERAPIES



AACBT

AUSTRALIAN ASSOCIATION
FOR COGNITIVE AND
BEHAVIOUR THERAPY

It is with optimism that we look towards 2021 after such a challenging year during the COVID-19 pandemic. It was wonderful to see the quick response which so many CBT researchers and practitioners gave to my call for the WCCBT response to coping with the pandemic, which is available on the WCCBT website and will soon be updated. Many people from around the world provided input and translated the guide into their local language, and I sincerely thank everyone who helped so quickly. It was excellent to see that the WCCBT was able to help in the worldwide dissemination of CBT during this unprecedented time.

In Australia, rather than hold an online conference, AACBT rescheduled their 2020 conference which will now be held 2021. The AACBT recorded a number of excellent webinars by Australian and International speakers which are short workshop style pre-recorded online webinars available now at aacbt.org. Speakers included, for example, Emily Holmes, Roz Shafran, David Clark and Martin Antony among many others.

One of the heartening outcomes of the pandemic has been watching the way that scientists and practitioners in CBT have responded together during the pandemic to help mitigate the negative impact of the pandemic on mental health. Thank you to the WCCBT for their ongoing efforts and commitment to supporting the worldwide community during the pandemic.

Associate Professor Sarah Egan
School of Psychology, Curtin University
Australia



Greetings from the [ANZACBT](#)

As has been said by many people in recent months, 2020 has been a strange, challenging and difficult year for everyone worldwide due to the unforeseen impact of COVID-19. The plans of the ANZACBT Executive (and members) have had to be adjusted along with those of everyone worldwide. Our thoughts go out to anyone who has been, or is being adversely affected by the COVID-19 pandemic.

As President of ANZACBT, I am very grateful to AACBT and WCCBT for allowing ANZACBT to share one of the two positions AACBT have on the WCCBT Executive Board and allowing our organisation to be part of the World Confederation of Cognitive and Behavioural Therapies. It is great to have more representation from this part of the world.



ANZACBT is honoured and proud to be a part of the WCCBT and working towards the goal of greater dissemination of quality, evidence based CBT across the world.

On behalf of the ANZACBT Executive Board, I would like to wish all of our CBT colleagues worldwide a Happy New Year!

Ron Chambers

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Wishing all you and yours a happy,
healthy, and prosperous New Year!



Julio Obst Camerini



Edgard Pacheco



Luis Oswaldo Perez