

WCCBT is Incorporated

We are pleased to report that the Articles of Incorporation of WCCBT have now been approved in New York State. We are now a legally recognised organisation.

This is a major achievement in the development of WCCBT and will allow the confederation to seek representation on important global organisations

More news from the WCCBT Board

A **World CBT Day** has been established as an annual event to be organised by the WCCBT member associations. The first World CBT Day will take place on **7th April 2022** to coincide with World Health Day which marks the anniversary of the founding of the World Health Organisation (WHO) in 1948

The day will coincide with a programme of events that are being planned by each of the member associations

David Barlow, USA will give a 1 hour keynote workshop on the Unified Protocol
Sponsored by ABCT,

Mark Dadds, Australia will give a half day workshop
Sponsored by AACBT.

Freedom Leung, Hong Kong will give a workshop
Sponsored by ACBTA.

Further information on these events and others will be available on the WCCBT website

The presenters will become part of **WCCBT's Global Leaders Programme**



David Barlow



Mark Dadds



Freedom Leung

The criteria and process for Affiliate membership of WCCBT will be launched in 2022

For further news from the WCCBT Associations and their future plans see the following pages.

From the President's Desk

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

As I write this communication, it is mid-October in 2021. The world is now nearly two years into the COVID-19 pandemic, and as of today there are over 238 million documented cases and 4.86 million documented deaths according to the World Health Organization (see <https://covid19.who.int/>). The actual numbers are likely much higher, and will unfortunately have continued to grow by the time you read this e-news bulletin. In light of the extreme effects of public health restrictions, economic downturns, global anxiety and the multitude dimensions of loss associated with the pandemic, it is no wonder that global rates of mental health problems have dramatically increased.

As with so many aspects of the pandemic, there have been ironies for the World Confederation of CBTs. On the one hand, organizational slowdowns have made it much more challenging to obtain our formal registration as an organization, but this has been achieved. Travel restrictions and public health measures made it impossible to conduct the intended 2022 World Congress, but we will now achieve this success in June, 2023 in Seoul. The pandemic has made it difficult to begin some of our desired efforts to work with other organizations, although virtual meetings have allowed us to attend some meetings of the World Health Organization mental health and addictions groups, and to even make a submission about the potential role of the CBTs related to epilepsy and related disorders.

With the official registration of the WCCBT we can now begin to more formally interact with other global organizations. Further, as the world gradually wends its way out of social and economic restrictions, lockdowns and health crises we will begin again to have more interaction focused on addressing some of the issues that the pandemic has highlighted. These issues include social inequity, health disparity, the unattended needs of the elderly, the mental and physical health consequences of COVID-19, and more. The importance of global organizations, and the essential nature of evidence-based care could not have been laid more bare in recent months. These are the challenges to which we must respond.

Keith Dobson, President, CACBT
Calgary, Canada

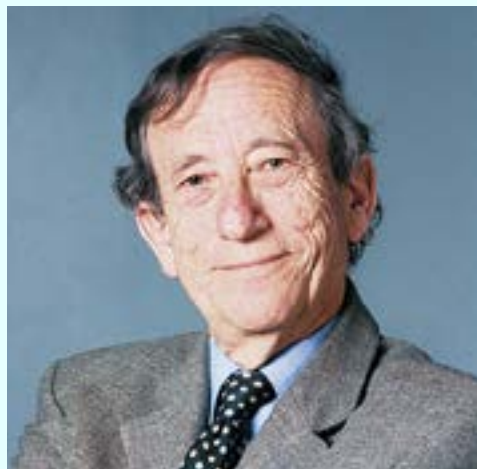
October 2021



Keith Dobson



Jack Rachman 1934 - 2021



It is with profound sadness that we learned of the passing of Jack Rachman. Jack died at home in Vancouver, British Columbia on September 2, 2021 with his wife of 50+ years and family at his side. As a field we owe a tremendous debt to Jack. For decades his ideas stimulated research worldwide and launched many careers. The journal he started along with Hans Eysenck, Behaviour Research and Therapy, allowed many of us to publish our work. Incredibly Jack had editorial responsibilities at BRAT for 39 years. He was a true innovator and was one of the original architects of the field we all know and love. We will forever miss him.

An online memory board for people to share their memories with friends, family and colleagues. The link is below.

<https://www.kudoboard.com/boards/ZqRMx4Vg>

Read the tribute to Jack by David Clark, Paul Salkovskis and Roz Shafran in [the Psychologist](#)

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



The World Confederation of CBT (WCCBT)

wccbt.org

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

Asian Cognitive and Behaviour Therapy Association (ACBTA): acbta.org

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 Behaviour Therapy (IACP): iacp.com

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

Changes to the WCCBT Board



Nimisha Kumar
India
ACBTA



Andreas Vieth
Germany
EABCT

A warm welcome to Dr Nimisha Kumar as the new representative from the Asian Association. Nimisha is the President-Elect (2021 – 2024) for the Asian CBT Association and the Founder-President of the Indian Association for CBT (www.iacbt.org). She is a Senior Consultant Psychologist and trained CBT practitioner based in New Delhi, India

Dr Andreas Vieth was elected at the EABCT General Meeting in September to be the new representative of the European Association. Andreas is the director of the Center for Psychotherapy in Dortmund and a member of DGVt (German association)

At the same time we have to say farewell and thank Ning from China and Christine from Switzerland who have now left the Board in 2021



Ning Zang
China
ACBTA



Christine Favre
Switzerland
EABCT

AACBT 41st National Conference 28-30 October 2021

Our theme is "Recovery and Reconnection"

Direct link: <https://www.aacbt.org.au/national-conference-2021/>

The conference theme recognises the tremendous challenges that society has faced together over the past year, yet in spite of this, there have been many displays of strength, resilience, and hope. CBT practitioners and researchers have responded to the broader community's needs with considerable creativity and ingenuity. The theme also recognises that many of our personal and professional connections have been disrupted during this time. We would like the 2021 AACBT National Conference to be a forum within which we can all reflect on this journey of recovery, reconnect, and forge optimistically into the future.

This year's conference brings together a community of cognitive and behavioural therapy professionals to share knowledge, ideas and awareness of innovations and important issues in this field. AACBT is committed to

See the full program at: https://www.aacbt.org.au/wp-content/uploads/2021-AACBT_Program-v1.2.pdf



delivering an exciting scientific and workshop program to inspire the CBT community to continue advancing the field. The 2021 AACBT National Conference will be a wonderful opportunity to reconnect.

Thursday and Friday are the scientific program days and will be virtual, on-line in gather.town. Saturday is the workshop day, with face-to-face delegates from WA (pending governmental advice) and other delegates virtual, on-line in gather.town.

AACBT is extending an invitation to **all members of WCCBT** and invite them to register at the AACBT member rate using the following codes

wccbt2021scientific
wccbt2021workshop

Announcement: 2021 Virtual Workshops

ANZACBT is not running an annual conference in 2021 due to the Covid-19 situation, but is excited to be offering a wonderful educational opportunity online. They have deliberately kept the price very affordable to provide their members, and interested others, with a boost after a very difficult year.

Mark Freeston, Professor of Clinical Psychology at the University of Newcastle, UK, and the Director of Research and Training at the Newcastle Cognitive and Behavioural Therapies Centre, will be conducting the online workshop entitled **Making and Staying Friends with Uncertainty** over the two mornings on Monday 22nd and Tuesday 23rd November 2021 from 9am - 12.30pm daily.

Mark has been an important contributor to CBT understanding and treatment for OCD and Generalised Anxiety Disorder. This workshop will provide a framework to think about the contributions of threat and uncertainty as trans-diagnostic processes in anxiety disorders. Intolerance of uncertainty is thought to be a maintaining factor in anxiety disorders.



Mark Freeston

For further information <http://cbt.org.nz/events/2021-virtual-workshop/workshops-registration/>

Cognitive Behaviour Therapy (CBT) Strategies to Improve Mental Health during the COVID-19 Pandemic

Dr Sarah Egan has updated the WCCBT resource guide for the World Confederation in collaboration with a number of colleagues from the WCCBT and it is available to download from the WCCBT website. It is an important source of information for professionals and service users since Covid19 continues to disrupt our lives.

You can also follow this dropbox link to watch a dropbox link https://www.dropbox.com/sh/s8nwdgbcje5ax2x/AABNYdB21xjTMqtCEBiiH_SUa?dl=0 that will take you to a short video on the Australian/UK guide summarising the impact of the self help guide that was first developed by Sarah for WCCBT and is now used in Australia



Sarah has also written an article published in BRAT based on the use of the guide. The full article can be accessed via the following link: <https://www.sciencedirect.com/science/article/pii/S0005796721001017>

See also a recent article written by a journalist for a local science museum in Perth, Australia that mentions the WCCBT, it is aimed at the general public:

A GLOBAL COLLABORATION

Curtin University clinical psychologist Associate Professor Sarah Egan led the guide's development. Sarah was working with the World Confederation of Cognitive and Behavioural Therapies when the pandemic hit.

<https://particle.scitech.org.au/people/this-10-page-book-could-improve-your-mental-health-in-a-pandemic/>

For more information about the guide, please visit <https://covidcbt.org/>

International Association of Cognitive Behavioral Therapy.

**A new name,
A new logo and
A new web site**
<https://i-acbt.com/>



This year we have changed our name to become International Association of Cognitive Behavioral Therapy. We have also introduced a new logo and a new website

visit us on www.i-acbt.com.

In May we held our postponed 10th International Congress but the continuing impact of Covid19 mean that we had to run it as a virtual congress rather than welcome delegates to Rome. Our thanks go to Antonella Montano and Gabriele Melli, Congress Presidents who made the event happen and to the speakers and delegates who joined them to make it a successful event

Plans are now well underway for 11th International Congress which will be held in St Petersburg, Russia in 2024. Save the date

<https://iacbt2024.com>



Asian Cognitive and Behaviour Therapy Association

Our biggest event for the year was the 7th Asian Cognitive Behavior Therapy Conference on 5th to 7th July 2021. We had 7,472 registered participants from 80 countries!



We thank all speakers and participants for being part of our conference and making it a successful one. Our gratitude also goes out to our sponsors for the conference awards – Naluri and the Malaysian Society of Clinical Psychology, as well as to Sunway University for providing the virtual platform for free! We also congratulate the award winners – see: Conference Awards. For more details please see: <https://acbta.org/archives/>.



Save the date and get ready to submit your research

Information will be available early in 2022 on wccbt2023

ABCT Tech. Think Tank

National Academies launch Spanish/English online Well-Being Tools for children and adolescents

In response to the COVID-19 pandemic, the National Academies of Sciences Engineering and Medicine in the USA convened experts to assist the Centers for Disease Control and Prevention (CDC) with the development and dissemination of interactive, web-based tools in English and Spanish to support the cognitive, affective, and behavioral well-being of parents, children, and adolescents during the COVID-19 crisis.



Ricardo F. Muñoz

Ricardo F. Muñoz, Distinguished Professor of Clinical Psychology, Palo Alto University chaired the group of experts who decided on the tools to create and the way to present them. The tools are now all in the public domain in Spanish and English and include:

- animated videos
- full color PDFs that can be downloaded and printed

They are intended to be used by children and adolescents, and disseminated by parents, teachers, health care providers, faith leaders, and promotoras.

Link to the tools are

- in English: <https://www.nap.edu/resource/other/dbasse/wellbeing-tools/interactive/>
- in Spanish: <https://www.nap.edu/resource/other/dbasse/wellbeing-tools/interactive/espanol/index.html>

In addition Ricardo is conducting a study that will create an **online inventory of thoughts and activities** that people all over the world have found helpful in remaining emotionally healthy. By crowdsourcing this information and sharing it widely, he hopes to help prevent serious depression and anxiety across the globe.

This is a voluntary and completely anonymous survey that will take approximately 15 minutes to complete. There is no way of identifying who completed the survey.

If you would like to participate in the survey, please go to this link [https://palouco1.qualtrics.com/jfe/form/SV_cw2uTNQvqLYivpb?SOURCE=i4health]

Over 1000 ratings of the thoughts and behaviors have been posted and Ricardo has been able to launch the first set of ratings. See: https://i4health.paloalto.edu/covid19-project/overall_results_all.html

As more ratings are received it is hoped to present them by subgroups (by sex, ages, countries, etc.)



WCCBT members can register at the ABCT member rates!

Join ABCT at their virtual congress

[register here](#)

Virtual Convention

**2021 ABCT Annual Convention
November 18 – 21, 2021**

**Promoting Cognitive and Behavioral
Practice and Science in the Context of
Public Health, Social Justice, Policy,
Research, Practice, and Training.**

McGill researcher-led International Task Force unveils first-of-its kind standards for treatment of obsessive-compulsive disorder

Listed by the World Health Organization among the ten leading causes of medical disability worldwide, the severity of obsessive-compulsive disorder (OCD) is at a level on par with cancer. With specialized CBT a person can learn specific strategies to reduce symptoms and related difficulties, which, when combined with pharmacotherapy for some cases, can result in recovery from illness for many patients.

Tragically, accessing evidence-based specialized treatment for OCD can be difficult or impossible for many patients and there is a dire shortage of clinicians with the required knowledge, competencies, and experience to effectively treat OCD. Currently available treatment guidelines, though essential, are considered by experts to be insufficient because of highly variable clinician knowledge and competencies related to this disorder. Specialty standards for treatment of OCD, that are more specific compared with guidelines, are advocated by experts as foundational to transformative improvement globally in quality and accessibility of evidence-based treatments for this crippling disorder. Until now, these standards did not exist.

Global experts collaborate on transformative advance

The International OCD Accreditation Task Force (ATF) of top experts representing 14 nations has recently published evidence-based specialty knowledge and competency standards recommended for specialized treatments for OCD through the lifespan. The standards mark the completion of the ATF's second of four phases.

"The ATF standards are operationalized as measurable clinician abilities that are teachable and trainable," notes Dr. Sookman. "That is, the knowledge and skills the clinician should demonstrate in order to effectively deliver specialized cognitive behavior therapy (clinical psychologists), or pharmacotherapy (psychiatrists), for pediatric and adult OCD."

The ATF standards are now available to inform and advance international clinical practice and training for OCD. Upcoming ATF phases three and four will involve development and implementation of training criteria and processes for certification (individual clinicians) and accreditation (clinical sites) based on the ATF specialized gold standards, with the aim of substantially improving the quality and accessibility of specialty treatments for OCD sufferers worldwide.

This transformative international initiative was originated and is led by Debbie Sookman, PhD, who serves as ATF Chair and President of the Canadian Institute for OCD (CIOCD, www.ciocd.ca). The prominent ATF leadership and authors also include David Veale, MD (Institute of Psychiatry, King's College, London, UK) who served as ATF phase two Co-Chair, Katharine Phillips, MD (Cornell University, USA), Christopher Pittenger, MD, PhD (Yale University, USA), John Piacentini, PhD (UCLA, USA), and David Mataix-Cols, PhD (Karolinska Institutet, Sweden).

The five paper Special Issue on the ATF specialty standards for OCD is published in Psychiatry Research, 2021. Please see www.ciocd.ca for further information. Dr. Sookman can be reached at: debbie.sookman@mcgill.ca

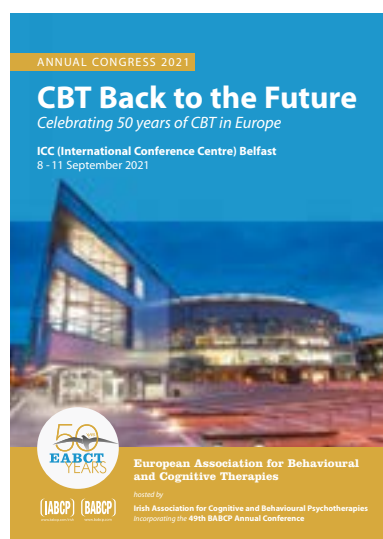


Debbie Sookman

June 3, 2021



EABCT2021 50th Anniversary Hybrid Congress Belfast, Northern Ireland



EABCT celebrated the end of its 50th Anniversary Year in September by holding a 3 day hybrid Annual Congress in Belfast, Northern Ireland hosted by the Irish Association of Behavioural and Cognitive Psychotherapies. With 1571 delegates joining the Pre-Congress workshops and the Congress this was a fantastic response and the quality of the programme was 1st Class. 22 keynote speakers, 57 symposia, 18 open paper sessions, 5 panel debates, 3 Roundtables plus 12 skills classes involved 40 speakers from across the globe. Having a

mixture of in-person, live remote and recorded presentation delivered to a mix of in-person and online delegates was a technical challenge but delegates were rewarded with the opportunity to watch over 120 hours of recordings of 95% of the programme for nearly 2 month after the congress.



EABCT Reps at the Gala Dinner in the Titanic

Over 400 delegates were able to travel to Belfast in person and once again experience the benefit of meeting with colleagues and rediscover what makes a live congress so professionally rewarding.

An added bonus was the decision by the Northern Ireland Government to lift a no dancing restriction just hours before the gala dinner...and how we danced that night!



EABCT President Opening the Congress



A Hybrid InCongress Workshop

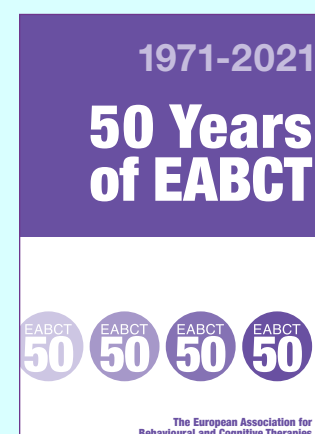


A Hybrid EABCT General Meeting



Keynote: Sam Cartwright-Harron Live

EABCT's HISTORY BOOK



On the 21st July 2021 the European Association of Behavioural and Cognitive Therapies reached its first half-century. For 50 years the association has been a driving force in the development and promotion of cognitive behaviour therapy which is now recognised across Europe and the world as an established and effective evidence based psychological therapy and the choice of treatment for many people.

We can be proud that CBT practitioners and researchers from every corner of Europe have contributed to the increasing importance of psychological therapies in improving the lives of people suffering from both mental and physical health problems. Increasing the effectiveness and increasing the access to CBT has been a major aim of EABCT for 50 years and by joining together as a family of CBT associations we have seen the benefits that collaboration and the sharing of knowledge across Europe can bring. The psychological well-being of our populations is now recognised as a priority in all countries. The impact of the global pandemic that we have all had to cope with and manage during our anniversary year has brought this into sharp focus. Many other major events have taken place in Europe and across the world over the past 50 years and each time CBT therapists have responded to meet these new challenges and will continue to do so.

Our brief history of EABCT charts the development of the Association from the beginning in 1971 to the end of our 50th year. It also celebrated the 54 member associations who have contributed to the success of EABCT, and we acknowledge the contribution that they have all made both within their own countries and to the wider development of EABCT



See you at
EABCT in 2022

Barcelona
Spain

7 - 10 September
2022

eabct2022.org