



eNEWSwccbt



Mary Jane Eimer

Mary Jane Eimer (MJ to many of us) retired as the Executive Director of the Association of Behavioral and Cognitive Therapies (ABCT) in June this year. It was a position that she has held for a staggering 45 years. Throughout this time MJ skilfully ran the ABCT central office in New York working with 45 presidents, 15 secretary-treasurers, innumerable boards, and countless other chairs and ABCT members. MJ always maintaining an unwavering commitment to ABCT's mission combined with a steadfast respect for everyone involved.

MJ is a legend and her retirement is not only ABCT's loss it is also a loss to the World Confederation of Cognitive and Behavior Therapies. MJ has been part of the WCCBT from the beginning and decades before the WCCBT was eventually launched in 2019. She consistently promoted ABCT's presence in international organizations and encouraged members from other CBT associations across the world to come to ABCT's Annual Convention. Over 45 years the list of people throughout

the world who count MJ as their friend had grown every year. MJ was there in Edinburgh at the 1988 World Congress of Behavior Therapy when the idea of forming a global association was first proposed. She was there in Copenhagen when the World Congress Committee was set up and she was with us again in Berlin in 2019 when we launched the WCCBT. Since then MJ's role in the WCCBT has contributed significantly to its success. When the WCCBT was looking for an organization to support our administration and offer guidance, ABCT was our first choice based on the stability and generosity of ABCT members, the quality of work of the ABCT staff, and the fact that MJ would be there at the helm to continue to support us. It is sad that we will no longer see her at our Executive and Board meeting but MJ has left us with a strong organization that will allow us to carry on and grow. The present and past WCCBT Board of Directors, and all those people in the international CBT community who have had the pleasure to work with MJ extend a heartfelt thanks to MJ. It has been our honour and pleasure to work with and alongside MJ and we wish her the best for a new, exciting chapter in her life.

Dr. Keith S. Dobson: WCCBT President 2019 - 2023



Keith Dobson completed his term as Past-President in June 2024 and has therefore rotated off the Board of Directors. When we look at everything Keith achieved during his term it is monumental.

- **Formal incorporation in 2019** • **A headquarters and administrative support in New York City thanks to ABCT** • **A website and eNews thanks to the EABCT** • **Our first budget thanks to the AACBT** • **Partnerships between ABCT and CACBT to form the North American Alliance and between AACBT and AnzaCBT to form the Australasia alliance** • **COVID-19 resources thanks to the AACBT** • **Establishing a relationship with the W.H.O and contributing to the W.H.O working groups on dementia and Alzheimer's disease and mental health and addictions** • **The launch of the 7th April World CBT Day** • **Launching the Global Ambassador program** • **A successful WCCBT World Congress in Asia thanks to ACBTA** • **Approval the WCCBT's training guidelines thanks to all our member associations (AACBT, ABCT, ACBTA, ALAMOC, AnzaCBT, CACBT, EABCT, and IACBT).**

The Board of Directors wish to thank Keith for his service to the WCCBT both before its formation and since its inception in 2019. In particular, we honour his stellar leadership and the achievements during his presidential term that he has guided us to achieve. It was our sincere privilege to serve with him on the Board to implement all the initiatives that have furthered the

Lata McGinn President WCCBT

I recently returned a few weeks ago from the inaugural CBT conference in Africa launched and organized by the Cognitive Behavioral Therapy Association of South Africa (CBTASA) in Cape Town, South Africa between 30th August 30 and 2nd September. Over 200 people attended this landmark event in Africa, with participants and presenters from all over Africa, North, Central and South America, Europe, Australasia, and Asia.

I was honoured to give the Welcome Address to open the CBTASA Congress on 30th August as the president of the WCCBT, and to present a Keynote Address on “Universal CBT Prevention to Address Global Mental Health Challenges in Youth” as well as an invited Workshop on “CBT for Depression”. I enjoyed presenting, attending, connecting with old colleagues and friends from Africa and all over the world. It was truly inspiring to meet so many clinical professionals who are eager to teach, learn, and connect to grow the field of CBT in Africa.

My deep thanks to Drs. Shane Pienaar du-Bruyn, Director of CBTASA, Daniel Rabinowitz, Jaco Rossouw, and other colleagues from the CBTASA for planning such a successful congress and for inviting me to speak and train. I very much enjoyed my first visit to South Africa, where I also had the opportunity before the Congress, to visit two NGOs (Happy Feet and the Bridges for Music) addressing Mental Health in unique ways in the Langa Township in Cape Town, and to vacation and enjoy the beauty of Africa across Botswana and South Africa.



Judith Beck, Shane Pienaar du-Bruyn and Lata McGinn at the CBTASA Congress in Cape Town

As the world gradually recovers from the devastating impact of the COVID-19 pandemic, we are reminded that the aftershocks of this global crisis continue to reverberate, particularly in the realm of mental health. The pandemic has exacerbated existing challenges, and in its wake, we face a mental health tsunami - a crisis compounded by conflict, wars, famine, and the relentless march of climate change.

Africa, a continent rich in diversity and potential, grapples with profound challenges that transcend the boundaries of mental health. Food insecurity, poverty, displacement, water scarcity, natural disasters, biodiversity loss, desertification, energy crises, and youth unemployment - these are the daily realities faced by millions. In many regions, access to even the most basic healthcare services is limited, let alone mental health care. The infrastructure is often insufficient, and the need for universal access remains a distant dream.

Yet, in the face of these daunting challenges, there is hope. As researchers, educators, and practitioners of Cognitive and Behavioral Therapies (CBT), we possess the tools and the expertise to make a difference. Our mission is clear: to increase access to mental health care, to build resilience, and to address



the mental health problems that arise from these complex and multifaceted challenges. The World Health Organization (WHO) estimated in 2022 that over 116 million people across the African Region were living with mental health conditions even before the pandemic. This statistic underscores the urgency of our work. Few in Africa have access to quality mental health care, and this is where we, as CBT professionals, must step in.

As President of the World Confederation of Cognitive and Behavioural Therapies (WCCBT), my key priority over the next few years is to work with colleagues in Africa, and supporters throughout the world, including professionals, governments, the World Health Organization (W.H.O), and our WCCBT member organizations (AACBT, ABCT, ACBTA, ALAMOC, AnzaCBT, CACBT EABCT, and IACBT) to develop and disseminate evidence-based mental health in Africa. We look forward to the development of national evidence-based mental health organizations in Africa and the regional CBT Association of Africa so that they can carry this work forward and so that Africa's voice can be represented in the WCCBT.

As I head to Geneva to attend the W.H.O.'World Mental Health Summit this month, I want to close by thanking Dr. Ken Carswell of the W.H.O for his excellent webinar on the W.H.O's work on psychological interventions and to congratulate the 2024 WCCBT Global CBT Ambassadors - Dr. Tracey Wade (AACBT), Dr. Colleen Carney (CACBT), Dr. Kyong-Mee Chung (ACBTA), Dr. Oswaldo Rodrigues, Dr. Susan Bogels (EABCT) and Dr. Scott Waltman (IACBT) for contributing to our mission to disseminate CBT across the world. I also want to thank our board and our membership organizations for their contributions to the WCCBT and its aims.

NEWS FROM THE WCCBT BOARD

The WCCBT Board held its second meeting of the year on 16th September and the Executive Committee continues to meet online each month. Since the last edition of the eNews in April there have been a lot of changes on the Board. In addition to losing **Keith Dobson** and **Mary Jane Eimer** whose contributions we have celebrated in this eNews we also briefly said goodbye to **Lynn McFarr**, the representative from IACBT who had also served on the WCCBT Board since 2019 but we are pleased to be informed that Lynn will be returning very soon. **Laura Hernández-Guzmán**, the representative of ALAMOC also stood down from the Board. Our thanks for everything they have contributed and best wishes for the future goes to each of them. In the meantime it has been our pleasure to welcome back **Luis Oswaldo Perez Flores**, a member of the WCCBT Board from 2019 - 2022 who returns as the new ALAMOC representative and to **Leslie Sokol**, the new representative for IACBT. We have also been fortunate to be joined by **Courtney L. White**, ABCT's the new CEO who has been able to join our meetings.

One of the most important achievements this year has been further developments in our relationship with the **World Health Organisation**. Lata McGinn and Keith Dobson have continued to liaise with the W.H.O. and to work with them to disseminate their work and CBT. A second W.H.O. webinar took place on 18th September and was delivered by Dr. Ken Carswell from the Department of Mental Health, Brain Health, and Substance Use at the W.H.O. and is still available to view on the WCCBT Website. More recently Lata McGinn and Rod Holland were invited to join the W.H.O. Mental Health Forum on 9th and 10th October. Lata joined the meeting in person in Geneva and Rod joined online and a brief report is available on page 4.

For the third year running we have also run our **Global Ambassadors Program**. Each year we invite our regional associations to host an event which can be a workshop, a webinar or a lecture. Our Global Ambassadors generously give their time and the regional associations provide the support to make each event a success. Any income that results from these events is then donated to the WCCBT to help fund initiatives that will take forward our mission to increase CBT across the world. You can read more about this year's Global Ambassador program on Page 7.

One way that the WCCBT has used its financial resources is to work with CBT practitioners and researchers in Africa to help establish a Regional Association on the continent and welcome them as a full member of the WCCBT. We have been working with the **Pan African CBT Network** which had been supported by EABCT and in August the WCCBT facilitated a meeting of the Network during the congress in Cape Town organized by the South African CBT Association. The WCCBT has also provided some funding to support Peter Phiri's **KOLABO project** which we highlighted in the last edition of the eNews. There is still time for people to contribute to this project and we hope to be working with KOLABO next year to host a free virtual event in Africa.

Communicating about the WCCBT is important and Andreas Veith, one of our EABCT representatives was unanimously appointed as the Representative at Large with responsibility for communications. The communication committee is now taking over responsibility for coordinating the **World CBT Day** that will take place on 7th April and a report on the activities planned for that day in 2025 will appear in the next edition of the eNews which we have scheduled to coincide with the day. A report from the Communications Committee is on Page 6.

Mehmet Sungur, our Representative-at-Large for training and the chair of the WCCBT **Training and Accreditation Committee** has been working to publish the WCCBT Guidelines for Training in a major CBT journal and this will happen in the near future. In addition we have added a Spanish and an Indonesian version of the Guidelines to the website alongside the Turkish and Japanese translations and look forward to more versions being available soon.

Planning for the **11th World Congress** in San Francisco, California, USA from 24th - 28th June 2026 is now underway and it will be launched at the ABCT Convention in November in Philadelphia where the WCCBT will have a booth.

Introducing our new WCCBT Board members



Leslie Sokol

Leslie Sokol, PhD is a licensed psychologist and an internationally recognized leader in the field of Cognitive Behavioral Therapy, with almost 40 years of experience in practice, teaching and research. Leslie the President of the International Association of Cognitive Behavioral Therapy. She is also a distinguished founding fellow of the Academy of Cognitive and Behavioral Therapies and a past president. She is a fellow of the Association for Behavioral and Cognitive Therapies



Luis Oswaldo Perez Flores

Luis Oswaldo Perez Flores is a clinical psychologist and current President of ALAMOC. He is a founding member of the WCCBT and served as the Representative at Large for training and accreditation between 2019 - 2023. He was also the President of the World Congress in Lima 2013. He is Director of the Postgraduate Program in Clinical and Health Psychology at the Ricardo Palma University and Director and Expert Trainer of the School of Cognitive Behavioral and Contextual Psychotherapy.

WHO Mental Health Forum



Global Mental Health in Motion: Looking Back, Looking Forward

It was a privilege that representatives for the WCCBT were invited to join the two day W.H.O. Mental Health Forum on the 9th and 10th October held at the World Health Organization (WHO) headquarters in Geneva, Switzerland. The Forum is organized and hosted by the W.H.O. to foster international collaboration and raise awareness about the pressing issues surrounding mental health on a global scale and includes many mental health professionals, policy makers, and advocates from across the world.



This was the first time that the Forum had been held since the pandemic and Lata McGinn (WCCBT President) was able to travel to Geneva and attend the sessions in person with Rod Holland (WCCBT Secretary) joining online. Lata also attended a session the day before the Forum to find out more about how organisations can develop an official relationship with the W.H.O. “Official relations” is a privilege that the W.H.O. Executive Board can grant to nongovernmental organizations that have continued to have a sustained and systematic engagement in the interest of the W.H.O. There are currently 219 Non-State Actors (NSA's) in official relations with the W.H.O. There are a number of international and world associations, confederations and societies including those for child and adolescent psychiatry, mental health, psychological science, psycho oncology. Some attended the Forum but there are none specifically related to psychological therapies at present although some including the International Association for Counselling were among the 108 non-NSA's attending as participants in the same way as the WCCBT.



Opening session with Tedros Adhanom Ghebreyesus, Director-General W.H.O. and Dévora Kestel, Director Department of Mental Health, Brain Health and Substance Use

Our relationship with the W.H.O. will continue to grow over the next few years

A Guide to World Health Organization resources

Keith Dobson, WCCBT President (2019- 2023)

The World Health Organization (W.H.O.) is a global entity, comprised of 194 member states, and with a complement of over 8000 of the world's leading experts in public health, health emergencies, disease and healthcare. From its website, the W.H.O. states that “By connecting nations, people and partners to scientific evidence they can rely on, we strive to give everyone an equal chance at a safe and healthy life.” (see <https://www.who.int/about/who-we-are>) . The work of the W.H.O. is guided by a World Health Assembly, as well as an executive board. Of more direct relevance to the WCCBT, there is a Department of Mental Health and Substance Use, which has been working to develop and promote evidence-based psychosocial interventions. This work aligns well with the third stated aim of the WCCBT, which is to “Promote and advocate for global mental health, CBT and evidence-based treatments.” The WCCBT has worked over the last couple of years with experts from the W.H.O. to identify areas of mutual interest and potential collaboration. In this article, we briefly highlight some of the activities of the

World Health Organization, that may be of interest to members of the WCCBT. Where possible, links to the World Health Organization website are provided, to help with the identification of specific resources.

The W.H.O. website is large, as it comprises all areas of global health. Two relatively easy ways to enter into the website, though, are either through searching by a specific health topic or going directly to the mental health page. The “Health Topics” search tool is on the top left of the home page (see <https://www.who.int>) and can be used to search for specific health conditions of interest (e.g., addictive behaviour; dementia; suicide) or broader topics (e.g. clinical trials; mental health).

The mental health page focuses on general information, fact sheets and publications from the mental health group, and is likely of more direct interest to members of the WCCBT (see https://www.who.int/health-topics/mental-health#tab=tab_1). Included on this page are links to such documents as access to the 11th edition of

the International Classification of Diseases or ICD- 11 (see <https://icd.who.int/en>) released earlier in 2024. This page also links to the psychological interventions that have been released by W.H.O., including:

1. Early Adolescent Skills for Emotions (EASE) is a group based psychological intervention for 10–15-year-olds, largely based on CBT principles and focused on the development of skills for emotional development and expression. The EASE program includes 7 group sessions for internalizing youth and a further 3 sessions for caregivers.

2. Program Management Plus (PM+ and Group PM+) is a brief CBT based intervention for adults and can be delivered either for individuals or in group format. It is organized to be provided by non-specialists and can be applied for individuals with a range of transdiagnostic problems and problem severities. The manual is available in a large number of languages.

3. Doing What Matters in Times of Stress is a stress management guide, primarily based on the principles and practice of Acceptance and Commitment Therapy. The illustrated guide can be used either as a self- help manual or in concert with its associated audio files. The manual is available in a large number of languages.

4. Self- help Plus (SH+) is a 5- session group intervention, based on the same principles and interventions at Doing what Matters in Times of Stress (see above). The manual can be delivered in groups of up to 30 people and is intended for either as a first step in a stepped care program, or potentially as an adjunct to other community based mental health services. The program includes both a manual and accompanying audio files.

5. Thinking Healthy is a CBT- based manual that was written to help community health workers assist prenatal women reduce the risk of perinatal depression. This low intensity intervention has been translated into 8 languages and has been tested with positive results on both anxiety and depression as outcomes in several countries.

In addition to specific programs, the World Health Organization has developed other supporting documents. Ensuring Quality In Psychological Support (EQUIP; see <https://www.who.int/teams/mental-health-and-substance-use/treatment-care/equip-ensuring-quality-in-psychological-support>) is a platform developed by the WHO in conjunction with UNICEF to promote the quality of training, competency assessment and effective service delivery for a range of psychological interventions. EQUIP is focused on competency assessment, and e-learning, but has been successfully used to develop workforces to deliver low intensity interventions, particularly in developing countries.

A new document that will be of considerable interest is the Psychological Interventions Implementation Manual (see <https://www.who.int/publications/i/item/9789240087149>). This manual was released in March of 2024, and it describes how evidence- based interventions can be incorporated into health, social, protection and education services in a meaningful way to provide early assessment and intervention, as well as how to implement manualized psychological interventions. The manual includes a number of practical implementation ideas for any individual or organization considering the adoption of CBT and other evidence- based interventions. These ideas include how to make an overall plan for implementation, adapt existing interventions (if necessary) for the context in which the interventions will be applied, to train and “prepare the workforce”, to identify individuals who will benefit from the program, and to monitor and evaluate implementation. Used in concert with some of the above intervention manuals, or simply for a specific CBT program within a given application, this manual provides key insights into how to develop and implement effective services.

The WCCBT continues to work with members of the World Health Organization on projects of shared interest. Interested readers, or readers with implementation experience with any of the above programs are welcome to contact either the author at ksdobson@ucalgary.ca, or the WCCBT President, Lata McGinn at president@wccbt.org. For many projects it is also possible to directly contact the listed authors for specific projects within at the World Health Organization.



Psychological interventions implementation manual

Integrating evidence-based psychological interventions into existing services

FREE Live Webinar presented by the World Health Organization
Wednesday, September 18 and available on the WCCBT website

Supporting communities affected by adversity around the world: An introduction to W.H.O.'s work in developing and implementing scalable psychological interventions

Presented by:

Dr. Ken Carswell

Mental Health Specialist

Department of Mental Health, Brain Health,
and Substance Use

World Health Organization (W.H.O.)

Moderator:

Dr. Lata McGinn

President, World Confederation of CBT (WCCBT)



Ken Carswell

The WCCBT COMMUNICATION COMMITTEE



Andreas Veith

Andreas Veith (Dortmund and EABCT) is our newly appointed Representative -at-Large with responsibility for communications and he will be working to improve how the WCCBT keeps in touch with WCCBT members, other organisations and the general public. Andreas is joined on the communication committee by other Board members including Lata McGinn (President), David

Dozois (CACBT) and Rod Holland (secretary). The other committee members are Alvin Ng Lai Oon (Malaysia and ACBTA), Sarah Egan (Perth and AABCT) and Gabriel Pérez (Lima and ALAMOC). Dennis Tirch from IACBT will also be joining the committee.

One area we want to improve is our reach on **social media**. We already have accounts with Facebook, LinkedIn, X (twitter) and Instagram and we are also joining TikTok. If eNews readers see any communication from the WCCBT on any of these platforms then do follow, like, forward or respond to us so we can increase our profile.

The WCCBT Website (www.WCCBT.org) is kept up to date by John Kentish who acts as our voluntary webmaster and we have recently added the recording of the recent W.H.O. Webinar, the EABCT and ALAMOC Global Ambassador events and an Indonesian translation of the Training Guidelines. We are looking at how we can develop the website and hope that the information and resources made available are of interest to members.

We always put the eNews on the website to read or download and this is where you will have found this edition. If anyone has any news from their association or information they would like to share we would welcome hearing from you.

To include information in the WCCBT eNews send it to Rod Holland, WCCBT Secretary at newsletter@wccbt.org

A new task that the Communication group has taken on is to work with ABCT who are hosting **the next World Congress** to make sure this is communicated to everyone and here is the first announcement in advance of the launch at the ABCT Congress in Philadelphia



WCCBT 2026



11th World Congress of Cognitive and Behavioural Therapies
Health for All: Affirming, Equitable, and Sustainable CBT

San Francisco | Marriott Marquis Hotel

June 25-28, 2026

Finally, the communication group is taking on the coordination of the annual **World CBT Day** and **David Dozois** is taking a lead to make it a success in 2025.



Save the Date
Monday 7th April

We are suggesting that the theme of the next World CBT Day will be **"CBT is solid return on investment"** and that there will be a variety of talks around the world that outline the efficacy of CBT for various problems (e.g., that CBT not only effectively treats the acute phase of various mental disorders, but, in many cases, reduces the risk of relapse) and that scaling up evidence-based interventions is a solid return on investment.

The WCCBT is hoping that there will be at least one public lecture or advocacy event (ideally more) as well as social media announcements on April 7, 2025 and David is making a template of PowerPoint slides that can be used for presentations focused on depression and anxiety and include a list of resources that may be helpful.

OUR 2024 WCCBT GLOBAL AMBASSADORS



Scott H Waltman
IACBT

The nomination of a WCCBT Global CBT Ambassador by each of the 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.



Kyong-Mee Chung
ACBTA

People who are chosen by the regional associations can be someone who has made sustained contributions, or is mid-career and has made noteworthy contributions, or someone who has a particular innovation 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. We look forward to announcing our 2025 Ambassadors in the next edition of the eNews.

Dr Scott H Waltman delivered the first Global Ambassador event in 2024 on 14th March on behalf of the International Association of Cognitive Behavior Therapy. It was entitled "How to Think Like Socrates: From Socratic Questioning to Stoicism to Modern CBT". Scott is a board member for the International Association of Cognitive Behavior Therapy and a member of the Academy of Cognitive and Behavioral Therapies.



Colleen Carney
CACBT/ ACTCC

Professor Kyong-Mee Chung was chosen as the Asian Association's Global Ambassador and is a Professor of Psychology at the Department of Psychology, Yonsei University. Hyong-Mee was the co-chair of the 2023 10th World Congress of Cognitive and Behavioral Therapies, held in Seoul, Korea. Her work has recently focused on the development and dissemination of technology-based treatment and training programs using mobile devices, VR and AR and as part of the World CBT Day delivered a free webinar on "CBT in the Era of AI: The Next Wave". As ACBTA Global Ambassador she delivered a webinar entitled "Developing a CBT-based Health Program: A to Z" on 27th April 2024 in the Korean language.



Susan Bögels
EABCT

Dr Colleen E. Carney was chosen by the Canadian Association of Cognitive and Behavioural Therapies as their Global Ambassador for 2024. She is an Associate Professor and Director of the Sleep and Depression Laboratory at Ryerson University, Toronto, Canada and an international expert in CBT for insomnia. Her Global Ambassador webinar held on 15th August was entitled "Group Cognitive Behavioral Therapy: A Demonstration of Using Case Formulation for Complex, Comorbid Insomnia Cases".



Oswaldo Rodrigues
ALAMOC

Dr. Oswaldo Rodrigues from Sao Paulo, Brazil is ALAMOC's Global Ambassador for 2024. Oswaldo has organized a programme of 8 weekly events entitled "Update on behavior analysis and online CBT" which will be delivered by his colleagues across Bolivia, Brazil, Colombia, Costa Rica, Chile, El Salvador, Guatemala, Honduras, México, Paraguay, Perú, Uruguay, Venezuela. The program began on 5th October and will finish on 23rd November. Full details of the program are available on the WCCBT website.

Professor dr. Susan Bögels from the University of Amsterdam, the Netherlands is EABCT's Global Ambassador and delivered a successful virtual half day interactive workshop on 21st October on "Mindful Parenting in Challenging Times".



Tracey Wade
AACBT

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 on 15th November. It will be a full day workshop held in Victoria, Australia entitled "Sharpening up your CBT Skills: treating perfectionism and beyond"

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



It was an honor to be invited to be a keynote speaker at the 20th ALAMOC Congress of the Latin American Association of Analysis, Behavior Modification and Cognitive Behavioral Therapy (ALAMOC) in Santa Cruz, Bolivia and to meet professionals and students from all over Latin America and the world. ALAMOC is one of the six regional members of the World Confederation of Cognitive and Behavioural Therapies WCCBT. Given the many traumatic events experienced across Latin America in recent years (e.g., I learned that the life expectancy of Bolivians has been reduced by 5 years since 2020 and that an extraordinary number of medical personnel died caring for others due to lack of access to any protective gear), my keynote address was on building psychological resilience in the face of adversity.

I was delighted that 600 professionals and students across South America (Argentina, Chile, El Salvador, Honduras, Mexico, Panama, Paraguay, Peru, Uruguay, Venezuela, Brazil & Bolivia) attended. It was a pleasure to catch up with Steven C. Hayes and to break bread and have discussions with the ALAMOC board members - outgoing President Julio Obst Camerini, incoming president Luis Peres Flores, Oswaldo M. Rodrigues Jr., Jose Brito Rivas,

and Edgard Pacheco Luza. Many thanks to Marion Shulmeyer, Dean of UPSA University, Guillermo Rivera Arroyo tenured professor of psychology at UPSA University, Nico Arancibia, Professor at UPSA University and President of the Bolivian Association of (CBT), and Maria Belen, psychotherapist in Santa Cruz for their attentiveness, friendship, warmth and hospitality. I appreciated learning about the status of mental health and CBT in Latin America, and to offer my perspectives on disseminating evidence-based mental health in a podcast, in small group discussions, and over social media



In 2025 ALAMOC will celebrate its 50th Anniversary

Lata McGinn, President WCCBT





The 50th Conference Japanese Association of Behavioral and Cognitive Therapy

The Japanese Association of Behavioral and Cognitive Therapy (JABCT) is one of the oldest CBT organizations globally. Founded in 1974 as the Japanese Association of Behavior Therapy, it has grown to comprise over more than 2500 members and has played a pivotal role in disseminating cognitive behavioral therapy across Japan. This year marks its 50th anniversary, and a commemorative conference was held from Sept. 22 - 24, 2024, at the Pacifico Yokohama Convention Hall.

Members were honored to welcome **Prof. Stirling Moorey**, president-elect of the British Association for Behavioural and Cognitive Psychotherapies (BABCP), and **Prof. Firdaus Mukhtar**, past president of the Asian Cognitive Behavioral Therapies Association (ACBTA), as special guests at this event. Over 1,300 clinicians, researchers, and students attended, with a total of 293 presentations including workshops, symposia, case studies, and poster presents. Young volunteers from nearby universities participated as staff, making this memorable event a chance to gain valuable academic and networking experience.



Prof. Stirling Moorey and
Prof. Firdaus Mukhtar
at the Congress Party

9th



Asian Cognitive Behavioral Therapies Association

Congress

Tokyo, JAPAN

2027.

8.19 ~22

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 for Cognitive Therapy
日本認知療法・認知行動療法学会

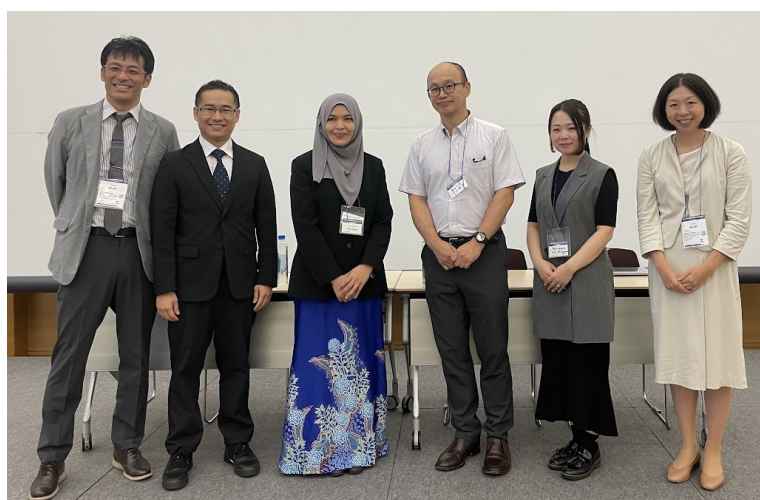


一般社団法人
日本認知・行動療法学会
Japanese Association of Behavioral and Cognitive Therapies



日本不安症学会
Japanese Society of Anxiety and Related Disorders

The event offered not only students but also scholars an excellent opportunity to build connections and unite towards the new era of the JABCT. Of note, two CBT associations in Japan, the JABCT and the Japanese Association for Cognitive Therapies (JACT), will be co-hosting the **9th Asian CBT Congress (ACBTA 2027)**. A kick-off symposium for this congress was held by the two associations, titled "International Collaboration through Cognitive Behavioral Therapy: Setting the Stage for Asian CBT Congress 2027 in Japan". Two speakers from each association shared their experience in strengthening global partnerships through CBT, with Prof. Mukhtar acting as the discussant. The symposium created a wonderful atmosphere of international friendship and alliance, laying the groundwork for the success of ACBTA 2027 and beyond.



Members of the Kick-off Symposium for the 9th Asian CBT Congress in Tokyo. Left to right: Shin-ichi Ishikawa (ACBTA EXCO, JACT), Naoki Yoshinaga (JACT), Firdaus Mukhtar (ACBTA Past President), Masahiko Inoue (JABCT), Hikari Takashina (JABCT), and Satoko Sasagawa (ACBTA, JABCT)

The dates and venue for **ACBTA 2027** have now been announced: it will take place from **August 19 to 22, 2027**, at the International University of Health and Welfare in Akasaka, Tokyo. The event will be held in conjunction with the meetings for JACT and JABCT, as well as the Japanese Society of Anxiety and Related Disorders (JSARD). The congress will provide a prime opportunity for both domestic and international attendees to explore the latest developments in the field and start new collaborations. Under the leadership of ACBTA president-elect, **Dr. Daisuke Fujisawa**, the Japanese CBT associations eagerly look forward to welcoming participants and sharing their research and clinical achievements with the global community.



The Canadian Association of Cognitive and Behavioural Therapies (CACBT-ACTCC) hosted their 14th Annual Conference in a hybrid format at the Chelsea Hotel in downtown Toronto, May 9-11. The conference was well received, with 77% of survey respondents reporting it to be of “excellent” or “exceptional” satisfaction!

The CACBT-ACTCC 2024 conference theme was “**Addressing the Challenges of a Changing World**”. Clinical needs and priorities are changing in meaningful ways, responsive to the urgent and evolving realities of our natural world, our political landscape, our health system pressures, and more. How to deliver evidence-based, values-directed, and integrative services in this dynamic field is a collective challenge - and opportunity, which the conference was designed to address. Eight speakers offered a blend of the latest science and its applications for clinical practice, presented in engaging ways.

The program included three Keynote Addresses, three 90-minute Clinical Skills Training sessions, and two half-day workshops which addressed climate change anxiety, substance use care, lessons learned from understanding moral injury in health care workers during COVID, cultural adaptations of CBT, applications of CBT with Indigenous peoples, applications of CBT within the family context, helping teens overcome sleep difficulties, and the use of mindfulness in management of anxiety and mood difficulties.

There were approximately 265 attendees with around 182 participating in person and 83 opting to join virtually. The conference also included an in-person poster session with 52 presenters, with a 30-minute period during which online attendees could speak with the presenters. The poster session was a roaring success, with huge engagement from attendees, and a wonderful vibe in the room.

CACBT-ACTCC was pleased to congratulate their 2024 Fellows: Dr. Stephanie Cassin, Dr. Peter Farvolden and Dr. Noah Lazar

The Jack Rachman Research Poster Award went to Sophie Kudryk, University of Waterloo and the

Keith Dobson Clinical Poster Award went to Spencer Metcalfe, Anxiety Treatment and Research Clinic, St. Joseph's Healthcare, Hamilton,

Student Professional Development Awards (two reserved for students with marginalized background) went to Rei Jamalifar McMaster University, Parisa Sepehri, Concordia University, Ashlee Coles, Memorial University of Newfoundland and Sandra Krause, Concordia University.

The next Canadian Association of Cognitive and Behavioural Therapies (CACBT) conference will be held in beautiful Banff, Alberta, from May 1-3, 2025!

The theme is “Navigating Rocky Relationships.”



A warm welcome to Courtney White ABCT's CEO

Welcome to **Courtney L. White, PhD, CAE** ABCT's new Chief Executive Officer. Courtney is a longtime association executive who has had a 20-year career in nonprofit leadership and administration. He holds the Certified Association Executive (CAE) credential from the American Society of Association Executives. He holds a bachelor's degree in English and Communications from Monmouth University, a master's degree in Library and Information Science from Rutgers University, and a PhD in Instructional Management and Leadership from Robert Morris University. In his research, Courtney has focused on social justice inequities found at the intersection of race and immigration in higher education. Additionally, he has spent a significant part of his career in association management leading continuing education initiatives via an equity-focused lens.



Opening Our Doors

Inspiring Community Engagement, Advocacy, and Innovation to Advance CBT

Program Chair: Muniya Khanna, Ph.D.
ABCT President: Sandra S. Pimentel,, Ph.D.

The 2024 Annual Convention theme will showcase the latest efforts in community engagement, advocacy, and innovation designed to advance CBT and prepare us to meet the demands of the future. Like our host city of Philadelphia, ABCT is steeped in a rich history.

Philadelphia Marriott Downtown
1201 Market Street, Philadelphia, PA 19107 USA



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 provided a great opportunity to engage with national and international thought leaders from across the family of the cognitive behavioural therapies. The conference brought together innovative clinical researchers and research clinicians working across the life span. Coming from research, community, and private practice settings, they presented 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 was "Making Meaning with cognitive and behavioural therapies"

AACBT Honorary Fellows

AACBT is proud to announce our three Honorary Fellow recipients in 2024:

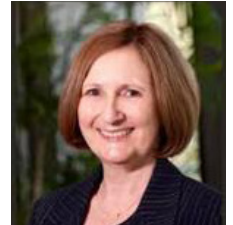
Amanda Baker, Natasha Davis, Sue Spence



Amanda Baker



Natasha Davis



Sue Spence

Congratulations to Rachel and Ross Menzies who recently travelled to the 2024 American Psychological Association's Congress in Seattle where they received the 2023 William James Book Award for Mortal. This is the first time, across four decades of the prize, that winning authors are based outside of North America. Previous winners include such luminaries as Philip Zimbardo, Steven Pinker, Jerome Kagan, Richard Nisbett, Michael Tomasello and many others who have defined their fields in psychology

Ross also delivered an invited address afternoon and a moderated "critical conversation"



IACBT

The International Association of Cognitive Behavioral Therapy



11TH INTERNATIONAL ASSOCIATION OF COGNITIVE BEHAVIORAL THERAPY CONFERENCE

June 25-28, 2025

Cognitive Behavioral Therapy as a Tool for Recovery

NASHVILLE, TENNESSEE



Your next congress in 2025 - **SAVE THE DATE!**

55th Annual Congress

The European Association for Behavioural and Cognitive Therapies

EABCT

European Association for
Behavioural and Cognitive Therapies

SEC Scottish
Event
Campus

Glasgow

3-6 September 2025

BABCP

hosted by
British Association for Behavioural and
Cognitive Psychotherapies

Next year BABCP has been given the opportunity and privilege to host the 55th Annual EABCT Congress which we will be combining with BABCP's annual conference. The European congress is always a great success as it brings together and welcomes CBT friends and colleagues from all its 60 CBT Associations in 44 countries in Europe and across the world to join together.

The last time BABCP hosted the EABCT Annual Congress was in 2004 in Manchester and we look forward to seeing you in Glasgow where you will be treated to a truly international scientific programme matched only by the unique Scottish hospitality you will experience in Glasgow.

Co-Chairs: Congress Organising Committee

Kevin Noon, Glasgow
Rod Holland, London

Co-Chairs: Scientific Programme

Jo Daniels, Bath
Simon Blackwell, Germany
Supported by BABCP Conference Programme Group
and the European (EABCT2025) Scientific Committee

Scientific Programme Administrator

Milly Robinson (eabctassistant@eyas.co.uk)

Professional Conference Support

EYAS Ltd (eabct@eyas.co.uk)

IMPORTANT DATES

7th September: Launch at EABCT Congress in Belgrade
7th October: Call for papers opens
9th December: Keynotes and Pre-congress workshops
announced

2025

6th January: Registration opens
28th February: Call for symposia, skills classes, etc. ends
31st March: Open paper and poster submissions ends
2nd May: Outline programme announced
16th June: Provisional programme with times
30th June: Early bird registration ends



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



ANZaCBT
AOTEAROA NEW ZEALAND ASSOCIATION
FOR COGNITIVE BEHAVIOURAL THERAPIES

**ANZACBT Workshop 2024 with
Dr Anthea Fursland**

**Everything you need to know about CBT
for eating and body image**

ANZACBT
ANNUAL WORKSHOP
With
DR. ANTHEA FURSLAND
Everything you need to know about CBT for eating and body image.

MON & TUE
2 - 3 DECEMBER 2024
9.00AM - 4.30PM

CHRISTCHURCH
COMMODORE HOTEL
449 MEMORIAL AVENUE
CBT.ORG.NZ/EVENTS/WORKSHOP-2024

COST
ANZACBT MEMBER: \$550
ANZACBT STUDENT MEMBER: \$100
NON-MEMBER: \$400

KOLABO Research Project

The WCCBT is supporting the KOLABO Research Project that will help to take forward one of the committed aims of the WCCBT and the Pan African CBT Network (PAN).

KOLABO means Collaboration in Swahili and Dr Peter Phiri, Principal Researcher is inviting people to collaborate and join this exciting Research Project which is exploring the current collaborations between CBT therapists within Pan-African countries and the rest of the world.



**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



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