



WORLD CONFEDERATION
OF COGNITIVE AND BEHAVIOURAL THERAPIES

November
2025

eNEWSwccbt



11th Annual World Confederation Cognitive and Behavioural Therapies Congress **25th - 28th June 2026** **San Francisco, California, USA**

The 11th WCCBT 2026 Congress will take place in San Francisco, California, from Thursday, June 25 to Saturday, June 27 with a program of post-Congress workshops on Sunday, June 28.

The theme of the Congress is “**Health for All: Affirming, Equitable, and Sustainable CBT**” emphasizing the 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 Congress theme.

San Francisco has a rich history of innovative psychological research in areas including CBT, neuroscience, mental health disparities, and health services for underserved populations, and we look forward to seeing you at WCCBT2026

Keep up to date at www.wccbt2026

more information can be found on page 8



Steve Safren
Co-convenor



Jill Ehrenreich-May
Co-convenor



Amelia Stanton
Chair,
Program Committee

Call for abstracts/papers is now open
until Friday, December 12th 2025

Confirmed Keynote Speakers

Richard Bryant, University of New South Wales, Australia
Dixon Chibanda, University of Zimbabwe, Harare
David M. Clark, University of Oxford, UK
Kirsty A. Clark, Vanderbilt University, USA
Ornella Corazza, University of Trento, Italy
Michelle G. Craske, University of California, USA
Toshi A. Furukawa, Kyoto University, Japan
Gillian Haddock, University of Manchester, UK
Steven C. Hayes, University of Nevada, Reno, USA
Anita Jansen, Maastricht University, the Netherlands
John F. Kelly, Harvard Medical School, USA
Silvia Helena Koller, Universidade Federal do Rio Grande, Brazil
Sonja Lyubomirsky, University of California, USA
Lata McGinn, Yeshiva University, USA
John Pachankis, Yale University, USA
Christine A. Padesky, California, USA
Marta B. Rondon, Universidad San Martin de Porres Lima, Peru
Jessica L. Schleider, Northwestern University, USA
Roz Shafran UCL, London, UK
Louise Sharpe, University of Sydney, Australia
J.D. Smith, University of Utah, USA
Eric Stice, Stanford University, USA
Mark van Ommeren, World Health Organization
Jianping Wang, Beijing Normal University, China

From the President's Desk

Lata K. McGinn, PhD

November 2025

As we reflect on the months since our last newsletter in April 2025, I am filled with pride and gratitude for the collective strides the WCCBT and our global partners have made in advancing access to evidence-based psychological care worldwide.

World CBT Day 2025: A Global Celebration of Evidence and Impact

In April, we marked *World CBT Day* with the theme “**CBT: A Solid Return on Investment.**” Across continents, our members highlighted the robust evidence showing that CBT not only effectively treats the acute phase of numerous mental disorders but also reduces relapse risk, improves functioning, and yields sustained benefits for individuals and societies. Investing in CBT saves lives — and strengthens communities and economies.

As part of this celebration, I had the privilege of interviewing **Professor David M. Clark** on *Transforming Mental Health Across the World*. Our conversation explored the remarkable *Talking Therapies* program in the UK — one of the most ambitious and successful global initiatives expanding access to psychological treatments. Professor Clark shared invaluable insights into how evidence-based therapies, when scaled systematically, can transform population health, reduce healthcare costs, and promote economic growth.

Listen to the full conversation: [Transforming Mental Health Across the World](#)

WCCBT and WHO: Marking World Mental Health Day 2025

On **October 10th**, the WCCBT joined the **World Health Organization (WHO)** in commemorating *World Mental Health Day*. This year's WHO theme focused on the urgent need to address the *mental health and psychosocial needs of people affected by humanitarian crises*. With an estimated **305 million people** in need of humanitarian assistance and **67 million individuals** with mental disorders living in conflict, disaster, or displacement settings, the mental health equity gap remains staggering.

Supporting mental well-being during crises saves lives, fosters resilience, and strengthens recovery — not just for individuals but for entire communities. The WCCBT continues to collaborate with the WHO, governments, and our regional member organizations across **Asia, Australasia, Europe, the Americas, and Africa** to disseminate scalable, evidence-based interventions and integrate mental health within humanitarian responses.

Our shared efforts include situational needs assessments, training frontline health workers, implementing **Psychological First Aid** and **WHO Psychological Interventions**, and ensuring ongoing care for vulnerable populations. These efforts embody our mission — to promote global mental health equity through CBT-based science and implementation.

Expanding Access and Collaboration: WCCBT-WHO-Africa Development Round Table

On **October 28th**, the WCCBT hoisted the **first WCCBT-WHO-CBT Organization of Africa Development Committee Round Table**.

This historic meeting brought together representatives from emerging CBT organizations across **Morocco, Nigeria, South Africa, Uganda, and Zimbabwe**, alongside WHO leadership, to discuss strategies for establishing a unified **CBT Organization of Africa**.

This initiative represents a major milestone toward fulfilling our mission of ensuring that every region of the world has access to high-quality, culturally responsive CBT training and services.



Global Advocacy and Professional Contributions

In line with our mission, Dr. Keith Dobson and I provided **feedback to the WHO on the Self-Help Plus Manual** on behalf of the W.H.O. The WCCBT also hosted a **live webinar with Dr. Ken Carswell** on the *WHO Psychological Interventions Implementation Manual*, which I had the pleasure to moderate. I have also had the distinct privilege of participating in several conferences organized by our member organizations to:

- Give an invited keynote, “*Navigating the Mental Health Tsunami of the 21st Century: The Role of Universal Cognitive Behavioral Therapy*” at the 50th Anniversary Commemoration of the Latin American Association of Behavior Analysis, Modification and Cognitive Behavioral Therapy (ALAMOC), Bogotá, Colombia.
- Participate in a panel discussion on *Navigating the Intersection: A Clinical Roundtable on Social Media and Youth* alongside Drs. Micco, Chronis-Tuscan, and Galanti at the ADAA Conference in Las Vegas, Nevada, USA
- Conduct a half day workshop titled “*OCD Unlocked: Evidence Based CBT Strategies for Immediate Impact*” at the European Association of CBT (EABCT) congress in Glasgow, Scotland, UK in September, 2025.
- Participate in a clinical roundtable on “*Elevating Access to Care: School-Based Models for Prevention and Intervention Mental Health Care*” alongside Drs. Domingues, Mendel, and Emanuele in April at the ADAA Conference, Las Vegas, Nevada, USA
- Present on the WCCBT’s “*Training and Credentialing Standards in CBT*” alongside Drs. Keith Dobson, Helen MacDonald, and Mehmet Sungur at the EACBT Congress in September 2025
- Participate in a panel discussion on “*Innovations in Delivery of CBT: Doing More with Less—Using Low Intensity, Digital, and Task Shifting Approaches to Improve Access to Psychological Therapies Globally*” alongside Drs. Shirley Reynolds, Anne Marie Albano, Bronwyn Coetzee, Cathy Cresswell, and Ron Rapee at EABCT’s 55th Congress, in Glasgow, Scotland in September, 2025.
- Give an **invited keynote** on *Expanding Access to CBT in Latin America: Equity, Youth Mental Health, and Scalable Innovations*” at ALAMOC’s 50th Anniversary Congress, Mexico City coming up in November 2025.

As we prepare for the **11th World Congress of CBT in San Francisco (June 25–28, 2026)** — themed “*Health for All: Affirming, Equitable, and Sustainable CBT*” — we remain committed to our vision: a world where evidence-based psychological care is accessible to all, regardless of geography or circumstance.

Many thanks to WCCBT Board members for their partnership in achieving these milestones. I also want to give a special note of thanks to David Dozois for developing the World CBT Day theme, to Andreas Veith, Ross Menzies, and Mehmet Sungur for their work leading WCCBT committees, to Rod Holland for his creative and tireless efforts to disseminate our work across our website and newsletter, to Joshua Plutchik for doing a remarkable job on our social media platforms and for representing us at the WCCBT booths, to Anne D’Alessandro, Lila Bruynesteyn and the ABCT central office led by Mr. Courtney White for continuing to do a tremendous job of supporting the WCCBT with their efforts. Together, through partnerships, advocacy, and shared purpose, we continue to transform mental health care — one community at a time.

Warm regards

Lata K. McGinn, PhD

President,

World Confederation of Cognitive and Behavioural Therapies (WCCBT)

NEWS FROM THE WCCBT BOARD

The WCCBT Board and Executive Committee holds its meetings remotely but once a year they will hold one of their Board meeting face to face and this year it took place during the EABCT Annual Congress in September held in Glasgow, Scotland. Nine Board members were attending the congress and this gave many of them the opportunity to meet face to face for the first time. They were joined by David Dozois (Canada) and Leslie Sokol, USA (IACBT) who were able to join online.



Left to right: Rod Holland, UK (secretary), Mehmet Sungur, Turkey (Officer at large for Training), Lata McGinn, USA (President), Marie do Ceu Salvador, Portugal (EABCT), Nimisha Kumar, India (ACBTA), Ross Menzies, Australia (Treasurer), Ron Chambers (New Zealand (AnzaCBT), Daisuke Fujisawa, Japan (ACBTA), Andreas Veith, Germany (Officer at large for Communications and EABCT Rep)

For the fifth year running our **Global Ambassador Program** is underway. Our regional associations nominated someone connected to their region to host a workshop, a webinar or a lecture. Our Global Ambassadors generously give their time for free, 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.

This year we thank **Heather Hadjistavropoulos**, from Canada, **Sue Spence** from Australia, **Farooq Naeem** on behalf of the Asian Association, **Agnieszka Popiel** from Poland, **Anne Marie-Albano**, from the USA and **Jenny Jordan** from New Zealand for their contribution support

You can read a report on their events on page 6.

Andreas Veith, WCCBT's Representative at Large with responsibility for communications has been chairing the Communication Committee and over the past few months the WCCBT has been working with Ansley Fones a web designer to develop a new website which will probably be live on WCCBT.org by the time you are reading this report. Look at page 7 to see a preview of how the new website will look.

At this time we must also give a vote of thanks to **John Kentish** from the UK who has developed and looked after the WCCBT website since the WCCBT was formed in 2019 on a voluntary basis.

One of the responsibilities of the communication group is the coordination of the World CBT Day that takes place on 7th April. With the help of Joshua Plutchik and Lila Bruynesteyn who have been helping us to develop our social media there were many messages from around the world in response to our members contributions this year and on page 5 you will see the proposal for next year's World CBT Day which we know will be another success.

Between the 24th - 28th June 2026 the WCCBT will hold the **WCCBT's 11th World Congress in San Francisco, California, USA** hosted and organized by the Association of Behavioral and Cognitive Therapies. This is probably the most important event in our calendar, and it only happens every three years so make sure you do not miss out since it is a long time to wait for the next one in 2029. The Call for Paper is now open and you can see the list of keynotes speakers on the front page of this eNews with more information on page 8 and on the Congress website. The Annual General Meeting of the WCCBT will take place during the World Congress and the WCCBT is also going to present its first **Global Impact Award** to **David M. Clark** from the University of Oxford, UK in recognition of the work that he has done promoting the development of CBT across the world.

2025 has also been a busy year for WCCBT's **Training and Accreditation Committee** and you can read a full report from **Mehmet Sungur**, Chair of the Committee on page 4. Congratulations must be given for the increasing number of translations of our Guidelines and for the success in publishing them in a major CBT journal this Autumn

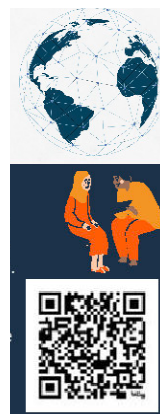
We may still be somewhat reaching our goal of collaborating with clinicians and researchers in Africa to establish a regional CBT umbrella association on the African continent to become a full member of the WCCBT but at the time of publishing this edition of the eNews we have just taken a major step in that journey. The WCCBT-WHO-CBT Organization of **Africa Development Taskforce Roundtable** took has just taken place on 28th October and several of the WCCBT Board members were able to participate. We were excited by the news that Zimbabwe Cognitive and Behavioural Therapies Association (ZCBTA) has now been formally registered and that there are moves to spearhead the registration of the NGO Cognitive and Behavioural Therapies Association of Uganda (CBTAU). These associations will join those in Morocco, South Africa and Nigeria who already exist, and we hope that over the next few years we will see even more African CBT associations forming.

The WCCBT is proud to have sponsored the **KOLABO feasibility study** run by Dr. Peter Phiri which has now contacted over 780 professionals from Africa and the Global South. The study is nearing the end of recruitment, closing on the 31st of December 2025, but there is still time to contribute.

The link to the online survey is https://bit.ly/KOLABO_WestandGlobalSouth and it only takes 5 - 10 minutes to complete



Joshua Plutchik and Stephen Crane promoting WCCBT2026 at the EABCT Congress in Glasgow



Training & Accreditation Committee

An Update from Dr. Mehmet Süngur, Chair



As we all know, training is a vital part of the development of any skill, and so it is with the CBTs. In recognition of this fact, the Board of Directors directed the Training and Accreditation Committee (TAC) to develop training guidelines for CBT practitioners. After a process of development and global consultation, these guidelines were adopted in 2023 and have been available on the WCCBT website since then (see <https://wccbt.org/training-guidelines>). More recently, to facilitate the process of dissemination, the guidelines have been translated from English into 12 languages - **Afrikaans, Arabic, Bengali, Hindi Indonesian, Japanese, Mandarin, Portuguese, Russian, Spanish, Turkish and Urdu**. A German version will be available very soon. Should you or your agency work in a language that is not already available,

please to contact the WCCBT at training@wccbt.org to propose a translation. Presentations have been made at several conferences about the critical issue of training. In addition, an article has been written and is now in press in the journal Behavior Therapy to explain the intent behind the guidelines and their structure (see <https://www.sciencedirect.com/science/article/pii/S0005789425000620>).

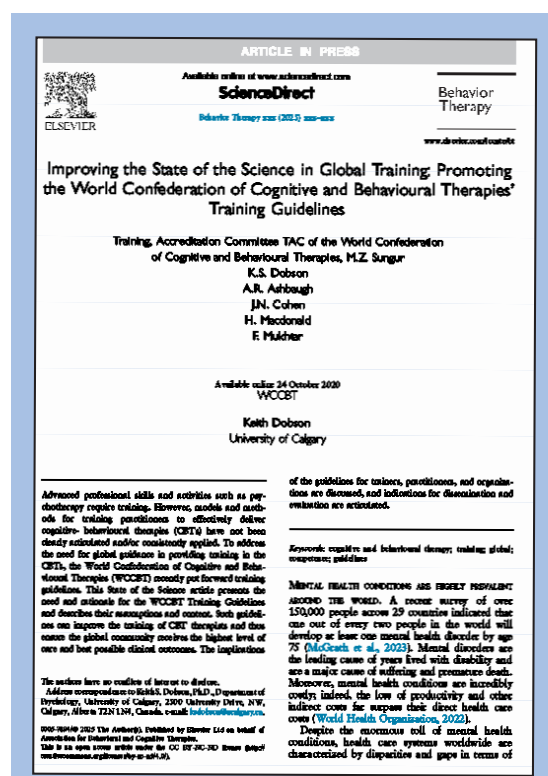
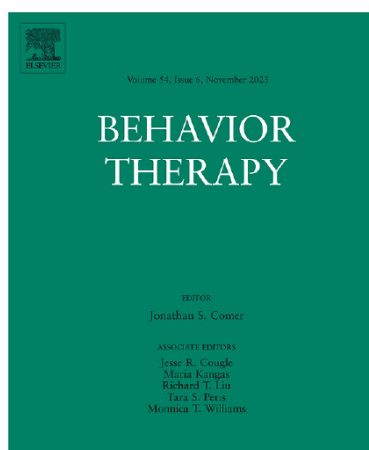
Even while the dissemination and evaluation of the guidelines continues, the TAC has been recently given two more assignments from the WCCBT Board of Directors. One task is to develop guidelines for work in the area of child and family therapy, as the first set of guidelines were silent on this issue. It is generally recognized that training in domains such as child development, family dynamics and cultural aspects of families are needed to provide CBTs to children and therefore there is a need for specific training guidance. Dr. Maria de Ceu Salvador of Coimbra, Portugal has agreed to chair this work and is developing a committee to begin work. Interested readers can email Ceu at ceusalvador@gmail.com.

Another direction for the TAC is to develop guidelines for low intensity or directed CBT. Many CBT practitioners in the world function within a team environment where they may provide a limited range of services, or possibly deliver a particular protocol under supervision, and so guidelines are intended for this area of practice. Dr. Roz Shafran of London, England has agreed to chair this committee and again is in the early stages of work. Her email is r.shafran@ucl.ac.uk, for readers who are interested to communicate about training guidelines for this area of CBT practice.

The WCCBT recognizes that it does not have the statutory authority to develop practice directives or mandates, and that cultural sensitivity and adaptability are key aspects of guidelines. The development of guidelines will take some time, but it is hoped that even by the time of the next World Congress, in June of 2026 reports will be available, to see the direction of these committees and to solicit feedback from the global community. In the interim, if anyone is interested in or has comments about the work of the TAC, please feel free to contact me at mzsungur@gmail.com.

WCCBT in Press

Congratulations to the Training and Accreditation Committee who have published our Guidelines in the Journal of Behavior Therapy



WORLD CBT DAY

2026

WORLD CBT DAY



World CBT Day was launched by the WCCBT in 2019 to increase awareness of evidence-based mental health care. Next year it will take place on April 7, 2026 and in recognition of the fact that mental health is a fundamental aspect of health it is the same day.

The theme for World CBT Day 2026 is going to be **CBT in Action: Mental Health Support in Humanitarian Crises**. This theme aligns with the World Health Organization's (WHO) emphasis on mental health and psychosocial support in humanitarian crises, emergencies and disaster contexts (click these links for more information: [World Mental Health Day: WHO fact sheet](#)).

Humanitarian emergencies — whether conflict, disaster, displacement, or large-scale disruption — not only destroy

physical infrastructure; they also fracture social support, disrupt mental health services, and expose individuals and communities to profound psychosocial strain. As a community of CBT practitioners, scientists, and organisations, we have a unique role to play: to offer evidence-based psychological interventions that can be adapted, scaled, and applied in humanitarian or crisis-affected settings; to raise awareness of the impact of emergencies on mental health; and to contribute to system-strengthening, capacity-building, and advocacy.

WCCBT member organizations will be running activities on World CBT Day which we hope will:

1. Raise awareness among practitioners, clients, policy-makers, and the public about the mental-health consequences of humanitarian emergencies and the role of CBT and psychosocial interventions in those contexts.
2. Build capacity (for example through training, webinars, peer-learning) so that CBT organisations are better prepared to contribute in emergency settings.
3. Foster collaboration, knowledge-sharing and networks across CBT organisations, humanitarian actors, health systems and NGOs working in crisis contexts.

To assist people who wish to contribute David Dozois our Canadian representative on the Board and Communication Group has developed a menu of suggested activity ideas which you are welcome to adapt and can be viewed on the WCCBT website

We believe that, together, we can make World CBT Day meaningful and impactful by highlighting the power of CBT and demonstrating its important to mental health in humanitarian emergencies.

Africa Development Taskforce

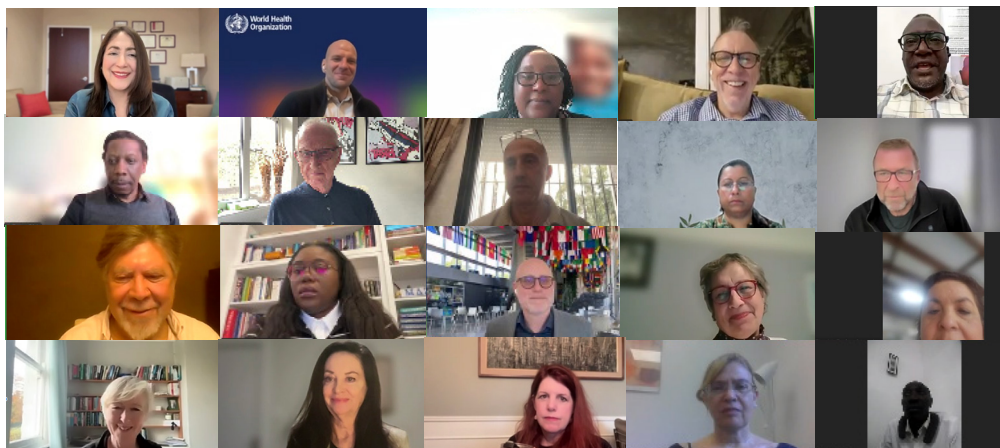
An historic Roundtable took place on October 28, 2025 when representatives of the WCCBT, World Health Organization (WHO), Pan-African Special Interest Group, and national CBT leaders from Morocco, Nigeria, South Africa, Uganda, and Zimbabwe met for the first time. The purpose of the meeting was to advance the creation of a Pan-African CBT Organization and work towards strengthening regional workforce capacity, and expand access to evidence-based mental health care across Africa. **Dr Lata McGinn**, President of the WCCBT opened the roundtable emphasizing WCCBT's mission to expand access to high-quality CBT worldwide and highlighted the importance of partnership, capacity building, and cultural adaptation to ensure that evidence-based care reaches every community.

The meeting provided the opportunity to hear from **Dr. Peter Phiri** who presented findings from the **KOLABO** feasibility study, sponsored by WCCBT. Over 780 professionals from Africa and the Global South participated, revealing the strong support for creating a Pan-African CBT organization. **Dr. Jamal Chiboub** (Moroccan Association for Behavioural and Cognitive Therapy), **Dr. Shane Pienaar-Du Bruyn** (Cognitive and Behaviour Therapy Association of South Africa), **Dr. Stephanie Okolo** (Initiative for Cognitive Therapies and Mental Health, Nigeria), **Dr. Tarisai Bere** (Zimbabwe Cognitive and Behavioural Therapies Association) and **Dr. James Sebuddee & Mr. Ronald Muyomba**, Leaders of Therapy Uganda Associates updated the

roundtable on the developments in their countries.

From the WHO, **Dr. Ken Carswell** gave a presentation on Scaling Psychological Interventions Globally and emphasized task-shifting, digital delivery, and cultural adaptation, which are interventions now active in over 30 countries. **Dr. Chido Rwafa Madzvamutse** the WHO Regional Advisor for Mental Health in the African Region emphasized the need to integrate mental health into primary care, while simultaneously strengthening higher-level, specialist care, where CBT-trained professionals play a crucial role.

You can read a full report on the Roundtable and future developments on the WCCBT website



Lata McGinn (WCCBT), James Underhill (WHO), Chido Rwafa Madzvamutse (WHO Africa), Ross Menzies (WCCBT), James Sebuddee (Uganda), Peter Phiri (Kolabio), Rod Holland (WCCBT), Jamal Chiboub (Morocco), Nimisha Kumar (WCCBT), Andreas Veith (WCCBT), Mehmet Sungur (WCCBT), Stephanie Okolo (Nigeria), Ken Carswell (WHO), Helen Macdonald (EABCT), Elisa M Farfan Gonzales (Alamoc), Shirley Reynolds (CBTach), Shane Pienaar-Du Bruyn (South Africa), Lynne McFar (WCCBT), Marie du C  u Salvador (WCCBT), William Matovu (Uganda)

Not pictured are Tarisai Bere (Zimbabwe) and Ronald Muyomba (Uganda)

WCCBT GLOBAL AMBASSADORS 2025



Heather Hadjistavropoulos

Heather Hadjistavropoulos is the Canadian Association of Cognitive Behaviour Therapies Global Ambassador in 2025. Heather is a former President of the Association and Professor of Psychology at University of Regina. As a recognized leader in the development, evaluation and optimization of Internet-delivered Cognitive Behaviour Therapy (ICBT) Heather delivered a 60 minute webinar on internet-delivered CBT on 18th June. The webinar was titled “**Expanding CBT Horizons: What Therapists Should Know About Internet-Delivered Cognitive Behaviour Therapy (ICBT)**” and benefited by the depth and breadth of Heathers research on ICBT, the knowledge mobilization efforts in Canada, and her research which addressed patient, provider, and health system and the need to improve ICT and overcome barriers to accessing CBT.

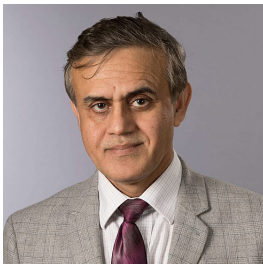


Sue Spence

The Australian Association for Cognitive and Behaviour Therapy (AACBT) Global Ambassador this year was Emeritus Professor **Sue Spence**. On 23rd June she presented a full-day hybrid workshop titled “**Enhancing clinical practice with digital tools for child and adolescent mental health**”. Sue is currently an Emeritus Professor in the School of Psychology and Australian Institute for Suicide Research and Prevention at Griffith University, Queensland, Australia.

Despite the high prevalence of emotional and behaviour problems in children and adolescents, the majority do not receive professional mental health services, and their issues go untreated. There are various reasons to explain this, but a key point is that we just do not have enough mental health professionals to meet the demand. New technologies such as internet-delivered CBT programs and mobile applications (“Apps”) have been proposed as one method that could increase young people’s access to treatment. They have great potential not only to reduce waitlists, but also as tools to enhance therapy practice and treatment outcomes. There is a good deal of evidence that these new approaches can produce significant improvements in mental health and emotional wellbeing, subject to limitations. Nevertheless, many clinicians are reluctant, for a variety of reasons, to make use of these interventions in their practice.

Sue’s workshop focused on developing practitioner skills and knowledge about using new technologies to support and enhance their clinical practice in the treatment of anxiety and depression in young people. The workshop addressed concerns that many practitioners have about such approaches, examined the ethical and practical issues surrounding their use, and explored some of the available online interventions and “Apps”, and examined the empirical evidence regarding effectiveness. In particular, the workshop aimed to increase clinician confidence about and comfort in the use of new technologies in their clinical practice, and to increase awareness of the strengths and limitations to their use.



Faoq Naeem

The Global Ambassador Event on **Cognitive Behavioural Therapy (CBT) for Psychosis**, hosted by the Asian Cognitive Behaviour Therapy Association (ACBTA), was successfully conducted on an online platform. The event featured distinguished speaker Prof. **Farooq Naeem**, an internationally recognised expert in CBT for severe mental disorders. The session attracted 40 participants from Malaysia, India, Pakistan, Indonesia, and one participant from Russia, reflecting strong regional and global interest in evidence-based psychological interventions for psychosis.

Prof. Naeem delivered a highly interactive lecture that blended theoretical insights with clinical practicality. He highlighted the foundations of CBT for psychosis, focusing on understanding the cognitive model of psychotic symptoms, addressing distress associated with hallucinations and delusions, and applying collaborative approaches to build trust with clients. The session emphasised culturally sensitive adaptations of CBT to suit diverse populations, which resonated strongly with participants from Southeast Asia.

A notable strength of the event was its skills-based learning approach. Through live demonstrations and discussion of real-world case studies, attendees were guided on practical techniques such as formulating cases, challenging unhelpful beliefs, and integrating behavioural experiments into therapy. Feedback during the session showed that participants were highly engaged and motivated, appreciating Prof. Naeem’s clarity in translating complex concepts into accessible steps for clinical use. Many noted that the discussion of challenging cases offered valuable insight into applying CBT strategies effectively in low-resource and culturally diverse settings.

In summary, the event hosted by ACBTA successfully achieved its objectives of enhancing clinical knowledge and hands-on skills in CBT for psychosis. It demonstrated the importance of accessible global learning platforms in building professional competence and collaborative networks



Agnieszka Popiel

Agnieszka Popiel from the SWPS University, Warsaw, Poland is this year’s European Association of Behavioural and Cognitive Therapies Global Ambassador. On Tuesday 11th November

Agnieszka will be running a half-day workshop on: **Self-Efficacy Focused Cognitive Therapy (SEF-CT)** — a non-trauma-focused, process-based approach to PTSD”. This approach was originally designed as an alternative for patients who firmly refused trauma-focused therapy and blends the familiar “notes” of contemporary cognitive therapy into an evidence-based composition that no longer requires reliving or processing the traumatic memory.



Ann Marie Albano

Ann Marie Albano is a clinical psychologist known for her clinical work and research on psychosocial treatments for anxiety and mood disorders, and the impact of these disorders on the developing youth. She is the CUCARD professor of medical psychology in psychiatry at Columbia University, the founding director of the Columbia University Clinic for Anxiety and Related Disorders, and the clinical site director at CUCARD of the New York Presbyterian Hospital’s Youth Anxiety Center

Anne Marie Albano is ABCT’s Global Ambassador and will be running a 3 hour workshop on Wednesday, December 17th entitled “**Anxiety, Adolescents, and Parenting on the pathway to adulthood**”



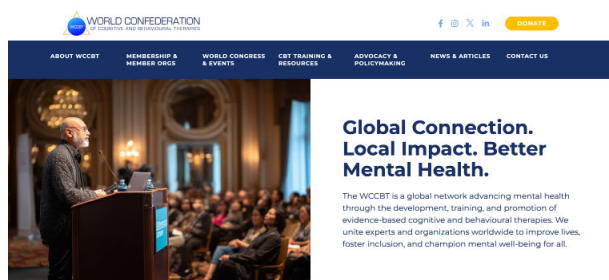
Jenny Jordan

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. Jenny is the Aotearoa New Zealand Association for Cognitive and Behavioural Therapies global ambassador. Her speciality is clinical research for mental health conditions, including comparative psychotherapy trials for eating and mood disorders as well as other related research. Jenny’s virtual workshop which will be held on the 4th December and details of the workshop will be available on ANZACBT’s [website](#) soon

OUR NEW WEBSITE

Visit WCCBT's new website and find out more information about all our activities past, present and future



The CBT World Congress
Join the 2026 World Congress in San Francisco to push the boundaries of CBT and champion global mental health.

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News & Events in CBT



EABCT Global Ambassador 2025
CBT EVENTS | OCTOBER 22, 2025
Professor Agnieszka Prokop, MD, PhD, FRCPS, University, Warsaw, Poland, EABCT's 2025 Global Ambassador Personalising PTSD Treatment (Self-Reliance Focused Cognitive Therapy (SEF-CT) for PTSD).

[READ ARTICLE](#)



Join us at the next WCCBT World Congress in San Francisco (June 25-28, 2026)
CBT EVENTS | OCTOBER 16, 2025

Dear Colleagues, Friends, and Partners in Mental Health, On behalf of the World Confederation of Cognitive and Behavioural Therapies (WCCBT),

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Transforming Access to Psychological Care: The UK Talking Therapies Program
GOVERNMENT | OCTOBER 16, 2025
A landmark initiative demonstrating the economic and social return of investing in CBT-based mental health services in 2008, the United Kingdom.

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Seoul Leads the Way: Building a Citywide Psychological Service System
GOVERNMENT | OCTOBER 16, 2025
A collaboration between Seoul's leadership, Korean CBT experts, and WCCBT toward scalable, evidence-based mental health care. In recent years, the Seoul...

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Our Mission

The WCCBT advances global mental health by promoting the development, training, and implementation of evidence-based cognitive and behavioural therapies. We connect professionals, support research, and advocate for accessible, effective care worldwide.

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WCCBT IN AFRICA
KOLARO PROJECT
WCCBT & THE WORLD HEALTH ORGANIZATION
WCCBT AND GOVERNMENTS

NEWS & ARTICLES
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WCCBT NEWS



Ross G Menzies WCCBT President Elect

Congratulations to Professor Ross Menzies who has been unanimously appointed as the next WCCBT President of the WCCBT and will take up the role at the Annual General Meeting at the World Congress in June 2026 in San Francisco. Until then Ross is our President-Elect while at the same time carry on serving as the WCCBT Treasurer until a replacement is appointed.

Ross has been associated with the WCCBT since it was formed in 2019 serving as both our treasurer and as the Australian Association for Cognitive and Behaviour Therapy (AACBT) representative on the WCCBT Board. Long before the WCCBT was formed Ross had a long history of involvement with CBT nationally in Australia and internationally. Ross was the convenor of the 8th World Congress of Behavioural and Cognitive Therapies in 2016 in Melbourne and editor of the AACBT's scientific journal, Behaviour Change, for 17 years. He is a Fellow of the AACBT and a previous winner of the Distinguished Career Award of the association. Ross is now the President of AACBT and continues active research in anxiety and mental health and has published a dozen books and more than 220 journal papers and book chapters.

As Treasurer of the WCCBT Ross has helped grow our funding base through the development of the Global Ambassadors Program and the introduction of a levy on the host organisations of our congresses. Expansion of our income-generating activities has taken us from depending on minimal annual fees to building a reasonable bank balance. With increasing income, we are better able to consider practical actions to support access to CBT around the globe. In his view, this should be a focus of the WCCBT over coming years. As President of the WCCBT Ross's goals will include: (1) continuing to support the development and advancement of CBT organisations representing the continent of Africa; (2) solidifying our relationship with the World Health Organisation (WHO); (3) ensuring the stable and collegial operation of our WCCBT Board in the context of new member organisations potentially joining us; (4) continuing to increase the annual income of the WCCBT; (5) beginning to support and/or develop CBT programs to meet the mental health and training needs in under-resourced regions of the world.

Lifetime Achievement Award Dr. Lata K. McGinn



The Academy of Cognitive and Behavioral Therapies (A-CBT) have announced that Lata K. McGinn, Ph.D. has been selected as the recipient of their Lifetime Achievement Award in recognition of her significant and enduring contributions to the field of cognitive and behavioral therapies. This distinguished honor recognizes Dr. McGinn's visionary leadership, scholarship, and extraordinary local, national, and global impact in developing and expanding access to evidence-based psychological therapies worldwide.

Her influence is reflected through her many leadership roles—as Professor of Psychology at Yeshiva University's Ferkauf Graduate School of Psychology; Co-Founder and Co-Director of Cognitive & Behavioral Consultants (CBC); Past President of both the Academy of Cognitive and Behavioral Therapies (A-CBT) and the International Association of Cognitive Behavioral Therapy (IACBT); Board Member of the Association for Behavioral and Cognitive Therapies (ABCT); Vice President of the Access Psychology Foundation (APF); and most notably, as the founding visionary and current President of the World Confederation of Cognitive and Behavioral Therapies (WCCBT).

Through her exceptional vision, scholarship, and global engagement, Dr. McGinn has founded and guided CBT organizations, forged partnerships among professional associations, governments, and the World Health Organization (WHO), and been a driving force in developing treatment and training standards that have helped build a truly inclusive worldwide CBT community.

Through her teaching, research, mentorship, publications, and global leadership, Dr. McGinn has profoundly influenced the practice, dissemination, and reach of cognitive and behavioral therapies. Her lifelong achievements embody the Academy's core values of scientific excellence, innovation, compassion, and global impact.

NEWS FROM THE WCCBT ASSOCIATIONS

ABCT ASSOCIATION for BEHAVIORAL and COGNITIVE THERAPIES

November 20–23, 2025

59th Annual Convention NEW ORLEANS

Bridging the Divide: Promoting Rigorous Science and Inclusive Affirming 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.

KEYNOTE SPEAKERS
11th World Congress | SAN FRANCISCO
JUNE 25–28, 2026 • HOSTED BY ABCT

Gillian Haddock, PhD
Professor of Clinical Psychology, University of Manchester, UK

Toshi A. Furukawa, MD, PhD
Kyoto University, Japan

Silvia Helena Koller, Ed. D.
Universidade Federal do Rio Grande, Universidade Federal do Rio Grande do Sul, Brazil, North West University, South Africa

Jianping Wang, PhD
Professor, Vice-Chair of Clinical and Counseling Psychology, Beijing Normal University, Vice-Chairman of the CBT Committee of the China Mental Health Association

Anita Jansen, PhD
Professor of Experimental Clinical Psychology at Maastricht University, Scientific Director of the New Science of Mental Disorders Consortium

Ornella Corazza, PhD
University of Turin, Italy

Kirsty A. Clark, PhD, MPH
Assistant Professor of Medicine, Health, and Society of Public Policy Studies, of Psychology and Human Development, Associate Director, Vanderbilt (HAT) Policy Lab, Vanderbilt University

Sonja Lyubomirsky, PhD
Distinguished Professor, Department of Psychology, University of California, Riverside

Silvia Schneider, PhD
Radboud University Bochum, Director of the Mental Health Research and Treatment Center Bochum

Christine A. Padesky, PhD
Distinguished Founding Fellow, Academy of Cognitive & Behavioral Therapy

Steven C. Hayes, PhD
Emeritus Professor of Psychology, University of Nevada, Reno

Lata McGinn, PhD
Victoria University, Teikof Graduate School of Psychology, Cognitive & Behavioral Contributions, President, WCCBT

David M. Clark, DPhil
University of Oxford, UK

John Panchanks, PhD
Yale University

Roz Shafran, PhD, FMedSci
UCL Great Ormond Street Institute of Child Health, Emeritus Professor of Translational Psychology

Jessica L. Schneider, PhD
Associate Professor, Medical Social Sciences, Pediatrics & Psychology, Northwestern University

Michelle G. Craske, PhD AO
University of California, Los Angeles

Dixon Chibanda MD, MPH, PhD
Professor of Psychiatry & Global Mental Health at LSTM, London, University of Zimbabwe, Founder Friendship Bench

Eric Strue, PhD
Professor of Psychiatry and Behavioral Sciences, Stanford University

Richard Bryant, PhD, DSc
University of New South Wales

Marta B. Rondon, M.D., M.Sc., IDAPA
Universidad San Martín de Porres, Instituto Nacional Medicina Perinatal, Lima, Peru

Mark van Ommeren, PhD
World Health Organization

John F. Kelly, PhD, ABPP
Recovery Research Institute, Massachusetts General Hospital, Harvard Medical School

J.D. Smith, PhD
Spencer Fox Eccles School of Medicine, University of Utah

Louise Sharpe B.A. (Hons) MClinPsych PhD
School of Psychology, Faculty of Science, University of Sydney, Australia

Continued →

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

OPENS SEPT. 1, 2025 AT WCCBT2026.ORG
MAIN CALL CLOSES DEC. 12, 2025

Information is available on the website (www.wccbt2026.org) including the electronic submission procedures, Congress tracks, and examples of different presentation formats.

Information on Invited Address speakers and Invited Workshops will be available in October 2025. The full program will be posted on the website prior to the Congress. The schedule for Workshops and Master Clinician Seminars will also be available in advance of the Congress, and delegates will be able to pre-book these when registering for the Congress online.

The World Confederation of Cognitive and Behavioural Therapies (WCCBT) is a global multidisciplinary organization dedicated to the promotion of evidence-based cognitive behavioral strategies designed to evaluate, prevent, and treat mental conditions and illnesses. ABCT is a member of WCCBT.

The WCCBT Congress will take place in San Francisco, CA, from Thursday, June 25 to Sunday, June 28. Workshops will be held throughout the conference, with the majority being offered 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.

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 targeting the 2026 Congress theme.

Submission Information

DEADLINE: Friday, December 12 at 11:59 PM PST

Symposia: 13,800 characters for the entire text. The summary abstract: 2800 characters.
Individual presentation abstracts: 2200 characters each; three to five presentations total.
In-Congress Workshop & Master Clinician Seminar: 1950 characters
Panel Discussions, Clinical Round Tables, Technical Demonstration, & Skills Class: 1950 characters
Poster Sessions: 2800 characters
Individual Oral Presentation: 2800 characters
Individual Three Minute Oral Presentation: 2800 characters
CHARACTER LIMIT: Character count does not include spaces.



AACBT

AUSTRALIAN ASSOCIATION
FOR COGNITIVE AND
BEHAVIOUR THERAPY

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

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

Congratulations to the Award winners
Distinguished Career Award

Leanne Hides

Tracy Goodall Early Career Award

Ella Oar

Outstanding Practitioner Award

Melissa Burgess



Leanne Hides



Ella Oar



16th Annual Conference
16e congrès annuel

Theme: CBT in the Real World: Finding Clarity in Chaos
Thème: La TCC dans le monde réel : trouver la clarté dans le chaos

May 1-2, 2026 | 1-2 mai 2026
University of British Columbia, Vancouver

This is an **IN PERSON** only conference

2026 CPA APPROVED SPONSOR

Professor Ross Menzies
The Role of Death and Existential Concerns in Mental Disorders

Dr. Martin Antony
When Perfect Isn't Good Enough: CBT Strategies for Treating Perfectionism

Dr. Candice Monson
Flexing Without Breaking: Cognitive Therapies for PTSD in Perinatal Delivery

Dr. Rachel Menzies
Death Anxiety: Understanding, Assessing, and Treating this Transdiagnostic Construct

Dr. David Dozols
Identifying, Assessing, and Modifying Core Beliefs and Schemas in Cognitive Therapy for Depression

Dr. Katherine Martinez
Parenting an Elder: Applying Attachment Theory, Behaviourism, and Collaborative Empiricism to Gain Clarity in Chaos

Dr. David A. Clark
Stark vs. David and Induction: New Possibilities for Cognitive-Behavioural Treatment of Anxiety and Depression

REGISTER TODAY!
www.ccbt.ca/conference/2026-conference
Super Early Bird Rate Deadline: November 7

Open Paper Submissions Deadline: Dec. 5/25
Poster Abstract Submissions Deadline: Jan. 31/26

Canadian Association of Cognitive Behavioural Therapies | Association Canadienne des thérapies cognitive et comportementales

ANZACBT

WORKSHOP
SELF-COMPASSION IN PERSONAL AND PROFESSIONAL PRACTICE: A TWO-DAY IMMERSION

Register Now!
3rd & 4th Nov, 2025
9.00 am - 5.00 pm
Wellington, NZ
More info:
cbt.org.nz/events/workshop-2025

PRESENTER
DR. AMY FINLAY-JONES



Asian Cognitive Behavioural Therapy Association Save the Date 9th ACBTA Congress 2027

9th
ACBTA
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



“Neither the DSM nor the pharmaceutical industry will solve human suffering”

With over 50 presentations by experts from the Americas and Europe, the ALAMOC 50-Year Symposium reaffirmed that cognitive-behavioral therapies remain at the forefront.

Bringing together some of the most prominent psychologists from across the Americas, the ALAMOC 50-Year Symposium sent a powerful message: conventional psychiatric diagnoses and pharmaceuticals are not enough to understand or alleviate human suffering. Held in Bogotá from April 7 to 9, 2025, the event showcased the best of behavioral analysis.

A landmark symposium for psychology in the Americas

More than 50 conferences, panels, and academic presentations positioned the ALAMOC 50-Year Symposium as one of the most relevant events in the recent history of Latin American psychology. Taking place between April 7 and 9, 2025, and hosted jointly by Universidad de La Sabana and Universidad EAN in Bogotá, the symposium commemorated five decades of the Latin American Society for Experimental Behavior Analysis and Contemporary Cognitive-Behavioral Therapies (ALAMOC). It did so with an international presence unlike any seen before.

Experts from **Argentina, Brazil, Bolivia, Paraguay, Uruguay, Ecuador, Peru, Venezuela, Mexico, the United States, the Dominican Republic, Panama, Colombia, and Portugal** gathered in a space where academic exchange transcended borders—and where the urgency to rethink models of mental health, psychotherapy, and behavior analysis took center stage.



A direct critique of conventional psychiatry

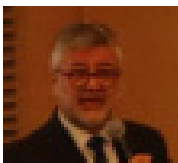


Neither the Diagnostic and Statistical Manual of Mental Disorders (DSM) will give us a useful model for understanding human suffering, nor will Big Pharma offer a real solution. Nor will a single theory or psychotherapeutic approach.” These were the closing words of **Dr. Steven**

Hayes, creator of Acceptance and Commitment Therapy (ACT), during his keynote speech on the first day. His address set the critical, provocative, and rigorous tone that defined the entire event.

Blending epistemological critique, clinical insight, and an evolutionary perspective, Hayes challenged the uncritical use of statistics in psychology, warned of the limitations of randomized samples, and called for a profound shift in how psychological treatments are conceived globally.

Opening with an evolutionary and experimental perspective



The symposium opened with a keynote by **Dr. Germán Gutiérrez**, president of the International Union of Psychological Science (IUPsyS), who presented research on learning from a comparative and evolutionary standpoint,

emphasizing continuities between human and non-human behavior.

Experimental research continued with a presentation by Dr. Erick Roth from the Catholic University of Bolivia, who shared findings on prosocial behavior in animals. In his study, birds and food-deprived mice opted to release a companion from a punishment cage rather than eat. The ethical question arose immediately: would humans do the same?

From war zones to classrooms: new frontiers for CBT



Dr. Leonidas Castro from Colombia and **Dr. Judith Beck** from the U.S. presented advances in contemporary Cognitive Behavioral Therapy (CBT). Castro demonstrated its effectiveness in treating victims of the Colombian armed conflict. Beck presented clinical cases showing

how CBT has adapted to new contexts, including patients with medical conditions, violent behaviors, and firearm use.

Dr. Lata McGinn, president of the World Confederation of Cognitive and Behavioral Therapies, addressed anxiety, depression, and PTSD. She advocated for integrating CBT into school programs as a preventive response to the global mental health crisis.

Latin American innovation with a distinctive voice



The symposium also showcased original proposals emerging from Latin America. **Dr. Julio Obst Camerini** of Argentina presented his cognitive-behavioral psychodrama model, integrating traditional and modern techniques in a clinically acclaimed intervention.

Dr. Georgina Cárdenas, professor at UNAM and a pioneer in cyberpsychology, discussed how digital technologies open new doors for behavioral treatment, especially where in-person intervention is not feasible.

From Panama, ALAMOC founder **Dr. Alejandro Cantón Dutari** shared his career in applying CBT to sexology, highlighting both clinical and cultural challenges in Latin America.

Dr. Oswaldo Rodríguez (Brazil), **Dr. Adriana Monetti** (Argentina), and **Dr. Juan José Moles** (Venezuela) added to the symposium with presentations on behavioral therapy and sex therapy, showing how these fields continue to evolve through empirical evidence and cultural sensitivity.

From Mexico, **Raúl Durón Figueroa** presented his PTSD intervention model using virtual reality. From Portugal, **Nora Cavaco** proposed new tools for parents of children with neurodevelopmental disorders.

In Colombia, **Pedro Pablo Ochoa** offered a scientific framework to distinguish so-called third- and fourth-wave therapies. **Andrés Gutiérrez** introduced a behavioral model aimed at reducing university dropout rates, while aeronautical psychologist **Anderson Gañán** examined the human factor in air accidents.

Continued on page 11



Honoring two giants of Latin American psychology

The symposium was also a tribute to two of the most influential figures in behavioral psychology in Latin America: **Rubén Ardila** and **Emilio Ribes Iñesta**.



Dr. Ardila, recently deceased, was honored by scholars such as **Andrés Pérez**—a Colombian psychologist and historian deeply familiar with his work—**José Anicama** from Peru, and Gerardo Hernández, representing the Colombian College of Psychologists. **Dr. Elberto Plazas** presented a paper in his memory titled “The Semiotic Nature of Mental States.”



Dr. Telmo Peña (Colombia) and **Dr. Roberto Bueno** (Peru) paid tribute to the extensive contributions of Dr. Emilio Ribes, whose career has been central to the development of behavior analysis across the continent.

Ribes himself delivered a provocative lecture titled “Why Psychology Is Still Not a Science—And Why It Can’t Be a Profession.”

His talk, grounded in a radical epistemological critique, argued that psychology must redefine its foundations before claiming scientific legitimacy.



At the conclusion of the tribute, **Dr. Bernardo Useche**, president of the symposium’s organizing committee, said Ribes’s ideas “demand deep scientific, academic, and political reflection, as they challenge the role and responsibility of psychologists in society.”

Science, debate, and disruption: the true legacy of ALAMOC 50 Years

More than a celebration, the ALAMOC Symposium was a call for critical thinking, scientific rigor, and ethical responsibility in the face of human suffering. The speeches were not indulgent. The questions weren’t easy. The answers, even less so.

Lectures like that of **Dr. René Bautista**—who rejected the very notion of “mental health” as pseudoscientific—made clear that psychology’s future lies in academic debate, not in slogans or clinical quick fixes.

The event was organized by the ALAMOC Board of Directors, led by **Dr. Luis Pérez**, and by the Colombian Organizing Committee, headed by **Bernardo Useche**. Speaking on behalf of the team, Useche stated: “*This event proves that Latin America plays a leading role in advancing psychological science and evidence-based psychotherapy*”

A closing of art and remembrance

The symposium concluded with an emotional recital of Latin American chamber music, conducted by Maestro Juan David Gómez, oboist of the Colombian Symphony Orchestra. It served as a symbolic bridge between science, culture, and humanity.



Asociación Latinoamericana de Análisis y Modificación del Comportamiento y Terapia Cognitiva Conductual

ALAMOC México

CONGRESO INTERNACIONAL

Presencial y en línea

Informate e insíbete

18 y 19 de noviembre de 2025

Unidad de Posgrado de la UNAM, Ciudad Universitaria, México

<https://tinyurl.com/alamoc>
mexico.alamoc@gmail.com

Asociación Latinoamericana de Análisis y Modificación del Comportamiento y Terapia Cognitiva Conductual

ALAMOC México

CONGRESO INTERNACIONAL

Conferencistas magistrales

DR. LATA MCGINN
World Confederation of Cognitive and Behavioral Therapies (United States)

DR. ARTURO BOUZAS
Universidad Nacional Autónoma de México

DR. PEGGY OSTROSKY
Universidad Nacional Autónoma de México

DR. KEITH DOBSON
Universidad de Calgary (Canada)

DR. STEPHANE BOUCHARD
Universidad de Québec (Canada)

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Asociación Latinoamericana de Análisis y Modificación del Comportamiento y Terapia Cognitiva Conductual

ALAMOC México

CONGRESO INTERNACIONAL

Conferencistas invitados

DR. LUIS PÉREZ FLORES
Presidente ALAMOC, Perú

DR. DENIS ROBERTO ZAMBRANO
ALAMOC Brasil

DR. SOLEDAD QUERO
Universidad Jaume I, Castellón, España

DR. EDWIN OLIVEROS
Universidad San Buenaventura, Colombia

DR. PEDRO GAMITO
Universidad Lusófona, Portugal

DR. OSWALDO RODRIGUES
Vicepresidente ALAMOC Brasil

DR. RAFAEL BALLESTER ARNAL
Universidad Jaume I, Castellón, España

DR. MARÍA DOLORES GIL LLARIO
Universidad de Valencia, España

<https://tinyurl.com/alamoc>
mexico.alamoc@gmail.com



The 2025 EABCT Annual Congress took place in September hosted by the British Association for Behavioural and Cognitive Therapies and was the largest CBT Congress that has taken place both for EABCT and BABCP if we discount the World Congresses held in Barcelona 2007 and Berlin in 2019. The Congress Scientific Committee succeeded in putting together a first-class programme following a record number of submissions and during the 3-day of the congress 20 keynotes, 109 symposia, 25 skills classes, 10 panel and roundtables, 16 in-congress workshops were held and 426 posters presented.



With 2450 people registering to join from 62 nations it felt more like a World Congress and provided a unique experience to participate in a congress with people from not just the rest of Europe but from every corner of the world. Over 2000 delegates attended in person with another 400 delegates joined the congress online and over 600 delegates also signed up for one of the 12 pre-congress workshops. As a bonus delegates who registered also received the recordings from the four largest lecture theatres and can continue to benefit from listening to much of the congress the congress for many months to come.

The congress had the pleasure of hosting the annual face to face meeting of the WCCBT Board as well as facilitating a symposium on Training and Credentialing standards in CBT chaired by Keith Dobson, Past President of the WCCBT with presentations from members of the Training and Accreditation Committee (TAC).

EABCT Congresses are well known for combining a first class scientific program with an opportunity to party. With an opening reception, followed by an unforgettable night of music and dancing led by Kevin Noon, Co-convenor of the Congress and then finishing with a gala dinner and a Scottish ceilidh at the beautiful Kelvingrove Art Gallery and Museum the tradition was kept alive



Kevin Noon and his band

Invited guests - Bedum and Giovanni

Scottish ceilidh at the Kelvingrove

The Belgium CBT Associations launch EABCT2026



Above: **Professor Kate Davidson** received the EABCT Lifetime Achievement Award for her contribution to the development of CBT in Scotland presented by Katie Grazebrook, EABCT President and Kevin Noon

Left: **Dr Joshua Buckman** (centre) was awarded EABCT's Scientist Practitioner Early Career Award and will be invited to do a keynote at next year's EABCT Congress in Brussels.



KOLABO Research Project

This study is sponsored by the WCCBT and is nearing the end of recruitment. It will be closing on the 31st of December 2025. There is still time to contribute so go to the link to the online survey at https://bit.ly/KOLABO_WestandGlobalSouth It only takes 5 - 10 minutes to complete

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

